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1 April 2019 celebsnow.co.uk

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in three
years

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MILES**
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IS MEGHAN

DIVIDING
the Royals?



Olly Murs on
crippling anxiety

'I NEEDED HELP'

3 for 2

mix & match

on selected accessories



Nailene Gel Shine – Stiletto Nude

new



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new



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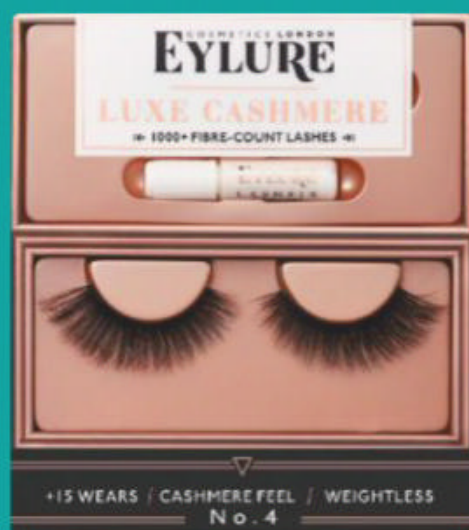
WunderBrow 1-Step Brow Gel – Brunette

new



Kiss So Wispy Lashes

new



Eylure Luxe Lashes Cashmere No. 4



let's feel good

COME ON IN...

Sit back, relax and enjoy... It's warm and cosy in here!

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new look
p19

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real deal? p8

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It was the WEEK THAT...



Montana revealed her regret over Mike's last text

One of Mike's former *Love Island* co-stars, Montana Brown, appeared on *This Morning* in the days after his death. 'I'm kicking myself, but he texted me and I didn't reply,' she said. 'You overthink everything.' Through tears, Montana, 23, continued, 'He just said, "How's it going, girl? How are you?"' She also revealed she'd been in regular touch with Mike before his death and that he was seeing a therapist, adding that the 'work wasn't coming in' for him and he had a 'massive tax bill'.



Mike and Montana (right) during happier times on a night out

Mike Thalassitis passed away

The world of reality TV went into mourning when it was revealed Mike Thalassitis had died aged just 26. The news broke on 16 March, with a wave of fans taking to social media to express their sadness and disbelief. The cause of death was confirmed by police as suicide, and it came days after Mike's beloved nan had passed away and almost three months after he lost his best friend.

Before finding fame on *Love Island* in 2017, Mike was a successful footballer, playing as a striker for teams including Stevenage, Cambridge United and Ebbsfleet United.

Following *Love Island*, Mike took part in the fourth series of E4 reality show *Celebs Go Dating*. He was due to open his own restaurant, *The Skillet*, in Essex this week and fans laid flowers outside after hearing the news. Our thoughts are with Mike's family and friends at this difficult time.



Fans placed flowers in the doorway of Mike's restaurant, *The Skillet*



Megan shared her grief

One person who is sure to have been hit hardest by the news is Mike's ex-girlfriend Megan McKenna. She and Mike split last year, but during an interview filmed before his death, Megan, 26, broke down as she recalled their relationship, explaining, 'I think my last relationship, I was kind of... I think I definitely fell in love... But I feel that's all I want. I want that love back.'

Although she shouldn't have been expected to make a public comment, Megan apologised when she posted on Instagram.

Her post read, 'Sorry I haven't been on social media but I'm in complete shock and trying to come to terms with this. I can't believe I'm even writing this post... My thoughts and prayers are with Mike's family. Rest in peace Mike x.'



Former TOWIE star Megan and Mike dated in 2018

Celebrities paid tribute to Mike

Several famous faces took to social media to pay their respects to Mike. *Love Island* host Caroline Flack wrote, 'Mike... you were a total gentleman... I won't forget that... RIP.' Actress Sheridan Smith also expressed her feelings, writing, 'Reach out, sometimes to the most confident friend.' But the most poignant tribute came from Mike's close friend Sam Thompson from *Celebs Go Dating*. Sam wrote, 'One of the most polite gentlemen I ever met. I've been incredibly lucky to have met Mike... A man who would pick an insecure wimp like me off the floor, and make me feel confident and part of the gang. I'll always remember you.'



Celebrities paid their respects to Mike

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MISERABLY
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For more information on mental health and suicide, or if you are or someone you know is suffering, visit thecalmzone.net or call 0800 585858.



With tensions at boiling point, will the Queen step in?

Since the Duchess of Sussex became a part of the Royal family she has never been far from controversy.

From her protocol-breaking baby shower in New York to her family feuding across the media, Meghan, 37, has had more than her fair share of scandal.

Ever since her wedding to Harry, 34, in May last year there have been rumblings of unrest from the palace. Not just because she brings a showbiz sensibility – a world away from the Royals' usual restraint – but because both her and Harry's mission to modernise 'The Firm' is said to be causing tension from Prince William all the way up to the Queen.

The royal brothers' bond was once thought to be unbreakable, but Harry and William are now said to be barely on speaking terms. The siblings reportedly first fell out when William asked if Meghan 'was the right one for him' leaving Harry fuming.

One courtier revealed that Harry is so defensive of Meghan because he feels he couldn't protect his mother, Diana, Princess of Wales. They said, 'He will brook absolutely no criticism of Meghan at all and is so sensitive he often sees criticism or [some kind of] negativity where there isn't any.'



Meghan and Kate are yet to bond and seem distant

Seemingly determined to break away from William, 36, and Kate, 37, Harry and Meghan vowed to quit their Kensington Palace apartments and are set to move to their home to Frogmore Cottage in the grounds of Windsor Castle.

And palace expert Duncan Larcombe tells *Now* that it's unlikely that Kate and Meghan will ever form a real friendship.

'There's only one person on the planet who can identify with what Meghan has had to go through – Kate,' he explains.

'You would ordinarily expect them to become best buddies



Prince Harry 'won't put up with any criticism' of Meghan

Is Meghan DIVIDING the Royal family?



Prince Charles is close to Meghan and her mother

and for Kate to mentor her, but there just isn't that connection.'

Kensington Palace announced just last week that both the Cambridges and Sussexes have now officially split their households. However, the Queen was apparently forced to step in when Meghan and Harry demanded their own PR team and vetoed the move without discussion.

'They wanted their household to be independent of Buckingham Palace, but were told no,' revealed a source.

'The feeling is that it's good to have the Sussexes under the jurisdiction of Buckingham Palace, so they can't just do their own thing.'

While Kate has enjoyed a close relationship with the Queen, and was only seen laughing and joking with her grandmother-in-law last week, the head of the family has remained cool with Meghan.

It will also put a strain on Harry's previously close relationship with his grandmother as it looks like he will now do anything his wife wants – even if it means upsetting his family.

Royal commentator Lady Colin Campbell thinks that, regarding Meghan, Harry will do whatever he's told. 'He's completely

'Harry will do whatever he's told'

besotted with her and she's got a very strong personality and one of the characteristics of that kind of person is that other people are inclined to be in their thrall.'

Prince Charles, however, has welcomed his new daughter-in-law and her mother Doria Ragland, 62, into the family.

Not only are Charles, 70, and Meghan 'thick as thieves', he's

said to see the new baby as his chance to be the grandfather he craves to be.

Royal sources say he complained he felt excluded from five-year-old Prince George's life when he

was born, saying he 'almost never' got to see him as Kate's parents were always on hand.

A friend of Harry explains, 'Charles will make sure he spends as much time as possible with the new baby. The path is clear for him and Doria to forge strong bonds as grandparents.'

If Charles shows favouritism towards his new grandchild, it's bound to cause tension with William. However, Kate has agreed to put on a united front with Meghan in public.

Can a new baby bring the family together? Duncan thinks it will be the

last chance for Kate and Meghan to bond. 'When Meghan's baby arrives, if they're ever going to click it will be then. If not, it will never happen.'



Prince William was said to have left Harry 'fuming'

BodyTALK



Judi James analyses **Jennifer Lopez** and **Alex Rodriguez's** post-engagement outing

A week on since their very public engagement and with the cheating rumours put to bed, it would be good to see Jennifer, 49, and Alex's body language back on track. But with reports of a mystery bruised eye Alex, 43, was supposed to have been sporting, we asked body language expert Judi James if J.Lo's fourth wedding is still on the cards.



DRIFTING APART?

Alex's slight brow-pucker and wide open-mouthed smile with 'apple cheeks' suggest he's happy and excited. Jennifer's closed-mouth smile looks more enigmatic. She's stretched a raised left arm out to his, but Alex's hand is in his pocket. Also, there's a larger gap between them than usual here.



[I'M] GONNA BE ALRIGHT

As the very tall Alex strides out, Jennifer looks to one side with her left arm still trying to stretch across that spatial gap. Her smile is aimed at the fans and snappers and it looks smug enough to signal that the wedding is still on.

WORRIED ALEX?

Jennifer takes the lead here, walking ahead rather than alongside her man while he follows with his head slightly down. She's dropped her hand from his arm and Alex's hand is now raised towards (but not touching) her – suggesting some degree of caution.



IS THERE SOMETHING TO WORRY ABOUT?

SPARKS FLYING?

That face-softened 'look of love' is missing here as the couple pull the 'I thought you turned off the gas before we left home?' pose. The pair are standing apart as they discuss something, with Alex's raised palm suggesting an explanation while J.Lo's hand is raised in a truncated gesture. The ripped jeans and trainers versus Sherlock Holmes chic clashes and her feet are poised to walk forwards while his feet seem splayed back in her direction.



JUDI'S VERDICT: ONLY TIME WILL TELL

His wide grin in these shots do suggest Alex is still in 'cat that got the cream' mode, but there are some slightly more enigmatic-looking signals from the three-times married J.Lo to consider. Will she make Alex hubby number four? Her subtler body language cues make her appear more shrewd than besotted here, suggesting she could still be privately sizing the situation up. Fingers crossed.



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'I needed HELP'

Singer **Olly Murs** opens up about his crippling battle with anxiety

They say fame and money can't bring you happiness, and this is something Olly Murs knows only too well.

The pop star – who found fame when he came second on *The X Factor* in 2009 – has opened up about his battle with chronic anxiety, which prompted him to seek therapy as he struggled to breathe during a performance.

In a recent interview, Olly, 34, revealed how he fell into 'genuine panic' when he forgot the lyrics to his song on *The Graham Norton Show* two years ago.

'My heart was pounding and I couldn't breathe,' he confessed.

'I'm standing behind



The singer has even suffered while performing

the mic and I'm talking trying to calm myself down, thinking, "What's going on? I've never ever been like this." It was genuine panic.

'I didn't know what was going on'

'I was looking at my mum and dad in the audience and trying to focus, despite the fact I'd just forgotten my lyrics. It was just a

routine performance but I didn't know what was going on.'

However, the terrifying moment isn't the only time Olly was left paralysed by anxiety.

The star revealed he fell into a similar state in 2017, when he was first chosen as a coach on *The Voice*.

'Whether it was just

anxiety or [a brief spell of] depression, I was just like, "I don't think I can do this!"' he explained.

It was this moment that pushed the *Dear Darlin'* singer to seek help, with Olly admitting, 'I tried to piece it together myself but I couldn't. It made me feel down and I said, "I need to go and see someone about this."'

The therapy sessions helped him overcome a painful part of his past. While co-hosting *The X Factor* in 2015, Olly was criticised by fans of the show for an incident where he accidentally announced that wildcard act Monica Michael was leaving the show before the public votes were revealed.

'It was the idea of going on TV again, maybe making a [similar] mistake and being put in the spotlight again with people saying negative things about me,' he admitted.

Today, Olly – who has just recorded his sixth studio album – is in a much better place, and he wants more men to pay attention to their mental health.

'Men are too scared to talk about their mental health, but I'm not,' he revealed.

'I'm happy to talk about it, because for me it's not an issue... I feel great now and if I ever get in that position again or if I ever feel like that, I can walk away.'

Good for you, Olly!



Olly has made his role as a judge on *The Voice* his own

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Before!

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After?

Has Nicole had her nose and lips done – or is it make-up?

‘What HAS Nicole done to her face?’

Fans think the former Pussycat Doll looks like a completely different person

Nicole Scherzinger has always denied she has been under the knife, but fans were shocked last week when she made an appearance on *The Voice* with a puffy face, fuller lips and a slimmer nose.

Shocked fans took to social media to share their horror at

her new look, with one writing, ‘What has she done to her face?! Why all the fillers etc? Why would you [even] do that when you are so naturally lovely?’

Another added, ‘She looked plastic on *The Voice*... Very sad, she was beautiful in the Pussycat Dolls.’

While a third wrote, ‘A truly stunning woman now has a puffy face due to fillers.’

The harshest criticism came on Twitter where some people even

compared Nicole, 40, to another famous singer, with one fan begging, ‘Oh no! Nicole Scherzinger turning into Cher!!!

#stopthesurgery’.

So we asked cosmetic surgeon Dr Sach Mohan for his take. ‘To me, it looks like the lips have been volumised too much, which have changed

the shape of her mouth,’ he says.

‘The area around her mouth seems to have been overfilled in an attempt to reduce lines around the nose. The upper

cheeks also look to have been filled too much, which has an ageing effect on her face.’

Nicole has always denied having work done in the past, insisting in 2016 that she hadn’t even considered trying Botox.

‘For me, it’s more about taking care of yourself from the inside out,’ she said.

‘It’s about drinking a lot of water and getting a lot of sleep. It’s crazy what hot yoga or going on an amazing run will do.

‘Anybody can always get that stuff done, but for me, how I feel inside is a true reflection.’

‘A stunning woman now has a puffy face of fillers’



Fans were shocked by Nicole’s new look on *The Voice*

Hook-ups BREAK-UPS & MAKE-UPS

Millie Bobby Brown found her Romeo

Literally! After meeting at Unicef's anniversary gala in 2016, *Stranger Things* star Millie Bobby Brown, 15, is said to be dating Romeo Beckham, 16. Although it's early days for the pair, sources have revealed that Romeo's mum Victoria has given the relationship her seal of approval and is said to be 'a big fan of Millie's'.

While the actress has previously been linked to singer Jacob Sartorius, this is Romeo's first public romance. How cute!

Perrie and Alex's love nest

Little Mix's Perrie Edwards and her footballer boyfriend Alex Oxlade-Chamberlain have just moved into their very own home. Did someone say house party?

Last week, the singer, 25, took to Instagram to share glimpses of their new house, featuring a hanging chair and large kitchen – where Alex, also 25, is often snapped cooking with his shirt off!

And with rumours a marriage proposal might be coming any day now, it looks like this could be the perfect family home. #Goals!



Paris and Jack got flirty on Instagram

Could there be a new romance on the horizon? We think so! Last week, heiress Paris Hilton and comedian Jack Whitehall were caught leaving flirty comments on Instagram, with

Paris, 38, posting the flame emoji on several of the 30-year-old's pics.

'She think he's hot and they've been hanging out,' revealed an insider. Who'd have thought, eh!



Ariana paid tribute to Mac

Last week, Ariana Grande reduced fans to tears before she even arrived on stage, as she paid her respects to her ex Mac Miller – who died of an accidental overdose at age 26.

The singer, 25, kicked off the first live show of her Sweetener tour in New York with the late

rapper's song, *Dang!* It comes after Ariana revealed her hit *Ghostin'* – a song about grieving Mac – wouldn't be part of the set list, saying, 'I just want to have a good time with y'all and like... make it thru the show lol.'

Aww, Ari, you're completely melting our hearts!

Crush CORNER

And the DILF award goes to... **Spencer Matthews!** We needed an ice-cold drink after seeing this shirtless pic last week. Vogue Williams, you are one lucky lady.



WORDS: ARIANA LONGSON. PHOTOS: GETTY, INSTAGRAM @PERRIEEDWARDS, @PARISHILTON, @VOGUEWILLIAMS

You've been **PAPPED!**

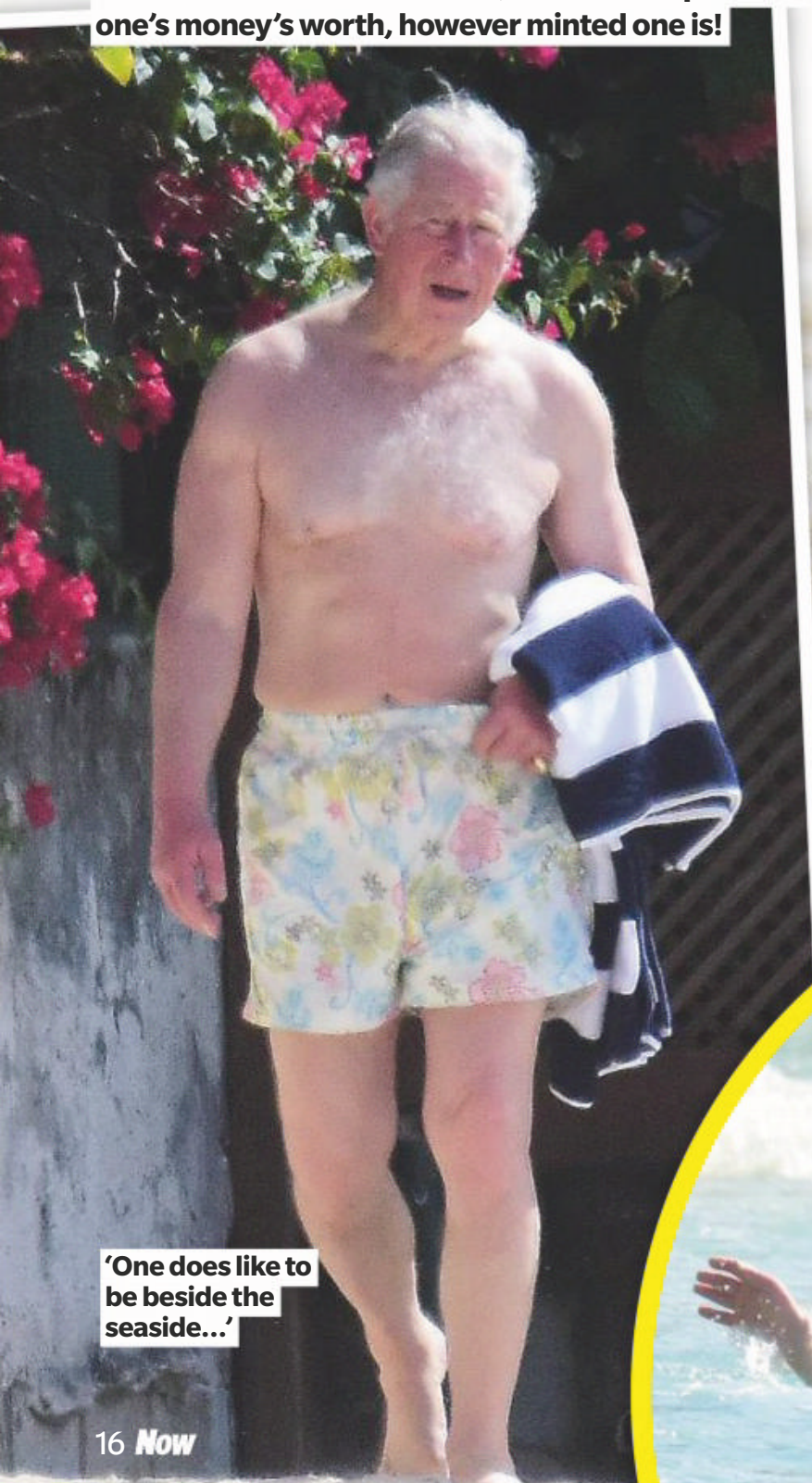
Because every pic tells a story

Charles catches a royal wave

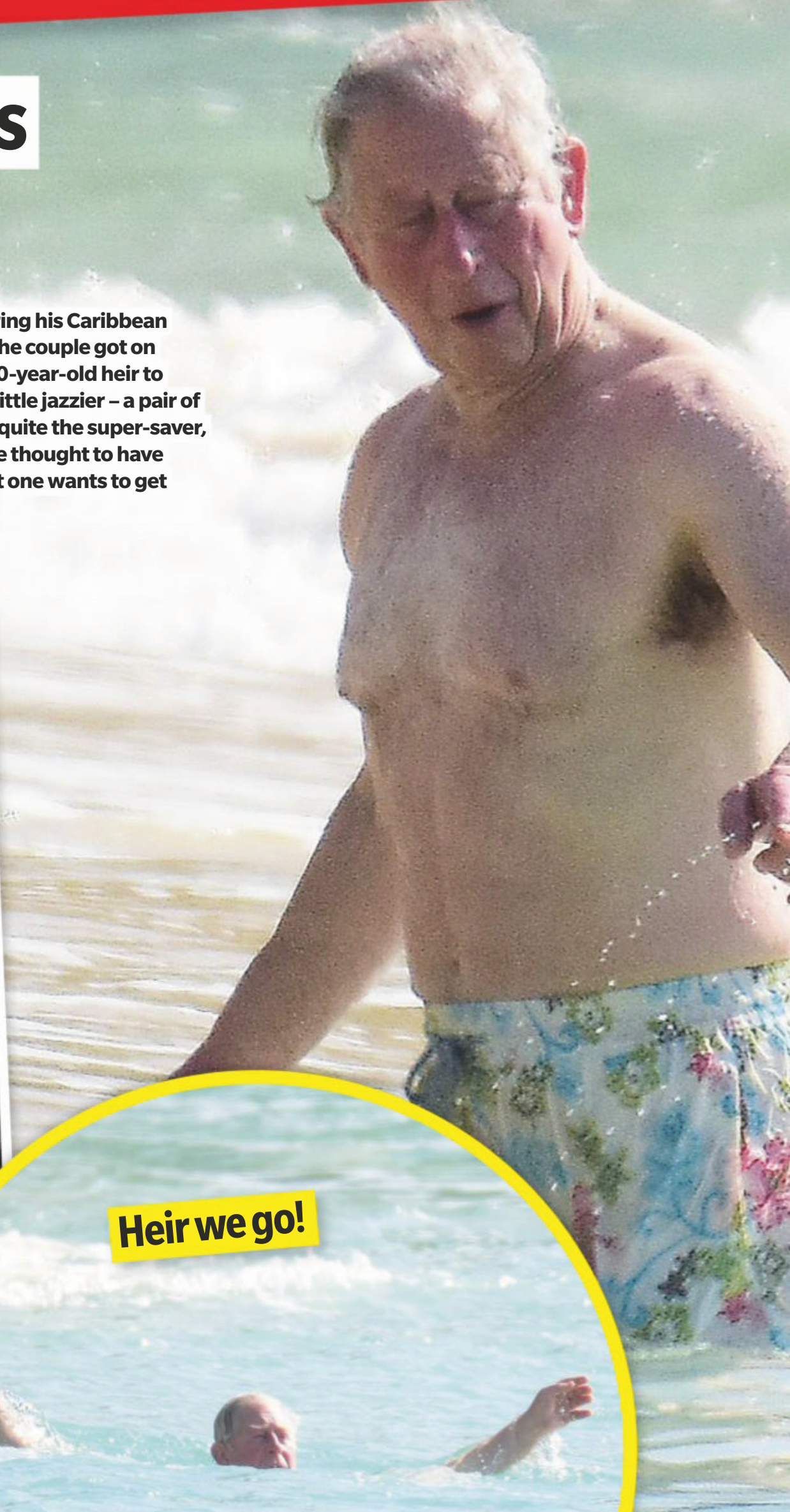
WHEN: 18 MARCH

WHERE: BARBADOS

Prince Charles combined business and pleasure during his Caribbean tour with Camilla, Duchess of Cornwall, last week. The couple got on swimmingly as they took a dip in the sea, with the 70-year-old heir to the throne swapping his usual suit for something a little jazzier – a pair of jaunty swimming trunks. And it seems the prince is quite the super-saver, as the shorts are reportedly 12 years old. But they're thought to have cost between £100 and £200, so it's no surprise that one wants to get one's money's worth, however minted one is!



'One does like to
be beside the
seaside...'



Heir we go!



It's Carol Kardashian!

WHEN: 19 MARCH

WHERE: ITV STUDIOS, LONDON

Is that you, Carol, or another member of the Kardashian family? Because with those curves you could've seriously fooled us! The former *Countdown* star, 58, gave the famous family a serious run for their money last week, as she showed off her tiny waist and impressive behind in a skin-tight outfit. And despite fans accusing her of having work done, Carol appeared to hint it's all hers, writing on Twitter, 'It's the same old Vorders!' No wonder she's won Rear of the Year twice!



What a figure!



WORDS: ARIANA LONGSON. PHOTOS: GETTY, THE MEGA AGENCY, WENN

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Here's how Natalie lost 3 STONE

The *EastEnders* favourite is looking better than ever after slimming the right way

Natalie Cassidy has done what many of us find practically impossible – shifting a lot of weight and managing to keep it off.

The soap star, 35, has lost three stone since 2016 thanks to regular exercise and a balanced diet, and was showing off an even slimmer appearance earlier this month as she's in training alongside Jake Wood (see our chat with Jake on p28) to run the London Marathon for Dementia Revolution – a campaign in honour of Barbara Windsor, who has Alzheimer's disease.

But her weight-loss journey hasn't always been so healthy, with the actress previously admitting when her best-selling fitness DVD was released in 2007 she 'really wasn't well'.

Natalie said, 'I was on the cusp of having an eating disorder. I'd go out for dinner and then I'd go home and take laxatives as I didn't want

to have the food inside me.

'I looked too thin. I can say I wasn't happy then,' she said.

But this time around Natalie has dropped three dress sizes the responsible way, which is the key to the star being able to sustain her slender size and feel a lot happier in her skin.

A source close to the actress tells us, 'Nat is following a well-balanced, low-GI diet and has sworn off ordering take outs.'

'She loves to run and says fitness has helped, not just with her body but also her mental health.'

The mum-of-two's impressive appearance has also sparked rumours she's gearing up to marry her long-term partner, Marc Humphreys later this year. Will it be a summer wedding, we wonder?

Keep up the good work, Natalie!



2016

Overweight and unhappy



2019

Looking svelte, glam and graceful



Natalie's running has helped her mind and body

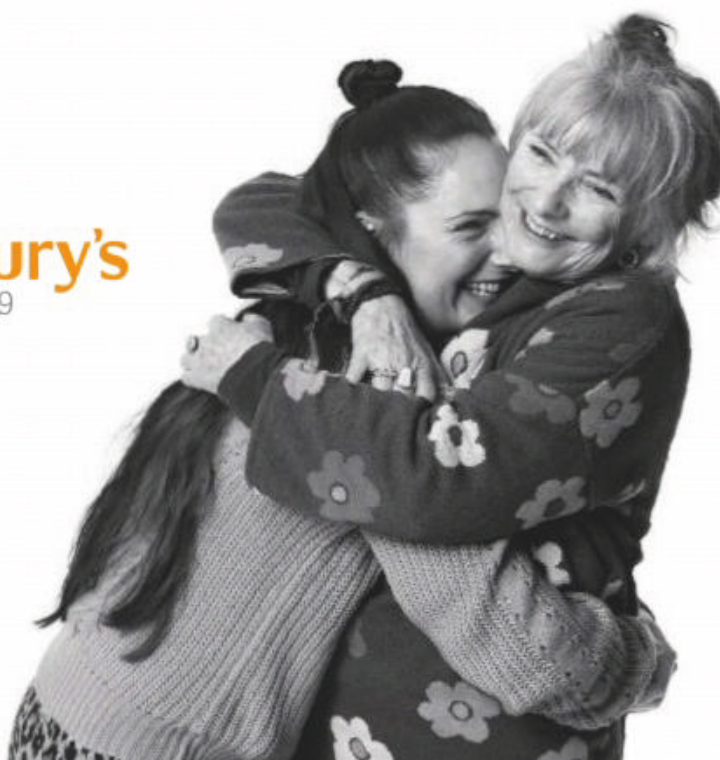
'I was on the cusp of having an eating disorder'

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Fashion Police

When bad clothes happen to good people



Lady Gaga

Looks like Gaga, 32, upcycled her sofa cushion covers, turning them into this hideous frilly dress. *A Star is Born*, but a seamstress she is not.



Lupita Nyong'o

Did the *Us* star, 36, take style advice from MC Hammer? This wide-legged harem trouser jumpsuit screams 'You can't touch this'.



Chloe Sims

From Thailand and back to Blighty to continue filming *TOWIE* in Essex and Chloe, 36, could easily be mistaken for a polar bear with this fur jacket.



Rosie Huntington-Whiteley

She might be a working mum, but has model Rosie, 31, got her fashion inspo from a cleaning cloth? This red dress resembles a microfibre duster!

You've been **PAPPED!**

They can run, but they can't hide

Finger lickin' **Good-ger!**

WHEN: 14 MARCH

WHERE: KFC, LIVERPOOL

She's supposed to be on a 'strict diet' but Lauren Goodger was caught red-handed picking up a not-so-healthy KFC with a friend recently. The pair wasted no time dipping into the bag of goodies as they sat in the car. And why did the former *TOWIE* star break her healthy-eating regime? Lauren, 32, previously took to Instagram to write, 'Long day long drive needed' as she'd spent the day getting her hair done before nipping out for the Finger Lickin' Good treats! Well, you gotta indulge yourself sometimes...

Now that's a guilty face, for sure!

Don't worry, ladies, we've all been there!

Boozy Brooklyn

WHEN: 15 MARCH
WHERE: CAMDEN, LONDON

Budding photographer – who looks more like a busker – Brooklyn Beckham swapped the glitz and glamour of showbiz for a boozy night out in North London when he was caught clutching a can of Stella while chatting to his girlfriend Hana Cross and pals outside The Electric Ballroom. Brooklyn had been attending a Yungblud gig that evening, but an alleged bust-up between the couple saw them spill out onto the street before making up again. His boozy night ended hours later when the worse-for-wear 20-year-old was spotted sitting on the pavement. Just waiting for a lift from Dad, eh, Brooklyn?

WORDS: SELINA MAYCOCK. PHOTOS: BACKGRID, ICELEBT



When did YOU LAST HAVE SEX?

The average for most couples is twice a week. Here, three women reveal how regularly they get lucky

'Sex was great – then I fell pregnant!'

Stephanie Thayaparan, 22, is single and lives with her two-year-old son in Milton Keynes.

Before I fell pregnant I loved sex and had a great sex life. When I found out I was expecting – me and my other half stopped having sex.

He didn't want to hurt the baby. We didn't live together, either.

I wanted a water birth, but that didn't go to plan. I ended up

being in slow labour for four days. When I was 10cm dilated things happened really quickly and my son was born very fast.

I'm not a big lady, I'm very petite, only 5ft 2in, and tore when my almost 7lb son arrived.

The internal stitches were extremely uncomfortable. I couldn't sit down easily – never mind think about having sex.

Any thoughts of resuming our love life went out the window.

I didn't have any sexual attraction to my other half, either.

That was down to me and how I felt about my body. I had gone up a whole dress size having put on weight during and after my pregnancy. Then there were the internal injuries I'd suffered during birth.

During my follow-up medical appointments I was told the stitches were too tight and one of them had to be loosened.

I was advised squatting would help stretch the scar tissue. I was

also told to add Epsom salts to a very hot bath to loosen up the muscles which have helped but it's taken time.

My son is now two years old and my body is getting back to normal.

I'm trying to fall back in love with myself again. I'm going to the gym and pampering myself

at spa days with my girlfriends.

The result of abstaining from sex for three years means I'm single now.

I need to get back in the dating

game and meet someone!

I've definitely been put off giving birth again. But I will go through it so my son has a sibling. I don't want him to be an only child – I'll need to have regular sex at some point in the future!

It's taken time, but I'm finally feeling OK about the prospect of having sex again.

'I'm trying to fall in love with myself'

THREE YEARS AGO

'I'm not bothered I'm missing out!'

Megan Thomas, 30, is divorced with two children, aged five and three, and lives with her kids in Tonbridge.

A MONTH AGO

My other half is in the army. We met while working out at the gym. The deal has always been that we only get to have sex when we see one another.

That's why we can sometimes go as long as a month without it.

We've been together for two-and-a-half years, but as he's based in Wales or often abroad and I live in Kent, we've had to get used to not seeing one other. His job's very demanding.

When we're not together, I'm not overly bothered that I'm missing out on sex. My mantra when it comes to being intimate

is to focus on quality, not quantity. We do make up for lost time when we see each other. Even though it's sporadic, I'm happy with my sex life.

Sex is important and there are times I wish we had the intimacy every day. If we lived together and were only having sex once a month then I wouldn't be very happy about it. But as we don't, I've had to get used to the current situation.

I'm busy with work, the children, going to the gym... After I've had a bath I'm tucked up in bed early.

I can imagine that the older generation think women like me in their 30s are having lots of amazing sex on a regular basis. When that just isn't true!

Most of my friends with young families are in the same

boat. We're all surprised we find any time for sex at all!

That's why when me and my other half are together we specifically set time aside for us. It's the only way.

We really focus on one another and our needs. This type of relationship means we never take one another for granted, either.

Hopefully, one day, we'll be together and be having sex on a more regular basis, but until that time arrives, our long-distance sex life is fine.

'I focus on quality not quantity'

'I'm always charged up and ready to go!'

Rebecca Lowrie, 53, is a tantra teacher and lives with her partner in Mill Hill, north-west London.

My partner and I have sex most days of the week. Having sex is incredibly important to me. I don't think of sex just as a penis going into a vagina either.

We do that, but there are lots of other sexy things I love doing together – intimate massages spring to mind! I can get aroused while just cooking our dinner.

People that don't know me are surprised by how often I have sex. There are so many incorrect assumptions out there that women my age shouldn't be having lots of carefree sex when nothing could be further from the truth.

I've done my mothering years when sex gets put on the back burner. The fantastic thing

about sex in my 50s is that I don't have any body hang-ups. I came to terms with the way I look – stretchmarks and all – a very long time ago!

I'm post menopause, so there is no danger of falling pregnant, either. I'm also going grey. I don't care. So what?!

I own my wrinkles and my extra pounds, too. I feel really powerful and have lots of sexual energy, too.

Me and my partner both instigate sex equally between us. My work is in the field of sexuality, so you could say I'm always charged up and ready to go.

There are times when I've had a big day, but I never think, 'I'm too tired'. Even if we don't have full-on sex, there are loads of other ways to be intimate. After having a cup of tea we'll often say, 'Come on, let's go for it!'

'I can get aroused cooking dinner'

LAST NIGHT

OH, BODY HELL

Kim Kardashian

The reality TV star and her sisters are pretty much known for being dolled up 24/7 on and off our screens.

However, in 2011, Kim revealed that behind all the make-up she'd been battling with psoriasis – a chronic dermatological condition, which causes tiny red, flaky scales to appear on her skin.

And just last week, the 38-year-old had another unexpected flare-up, as the condition spread to her face.

It comes after the mum-of-three called for help from fans, as she admitted her psoriasis had 'taken over' her body. What a nightmare!

She's since been drinking a 'nasty' concoction of Chinese herbs and apple cider vinegar, as she's 'desperate' to clear up her skin.

Good luck, Kim.

Our skin SUFFERS TOO

They might be perfectly polished, but these celebs are just like us

Nadia Sawalha

Last year, the *Loose Women* panellist revealed that her eczema had returned since going through the menopause.

Nadia, who has suffered with the severe dry skin condition since she was young, said her flare-ups got 'so bad' she had to be rushed to hospital.

'My skin flared up so badly I got eczema on my neck, jawline and up around my eye,' the 54-year-old said.

'My eye swelled up too. It got so bad that I had to go to A&E. It lasted about a month before finally clearing up.'

Nadia now relies on dermatological cream, which she uses twice a day to soothe her skin and keep it clear.

And judging by a few recent photos which show the mum-of-two glowing, it looks like her special skincare routine is paying off!



Millie Mackintosh

The star revealed an outbreak of adult acne after marrying fellow *Made in Chelsea* alumnus Hugo Taylor last year.

And since then, Millie has kept fans updated.

The 29-year-old recently shared a barefaced selfie, after a laser treatment.

She captioned the pic which showed red spots around her jawline, 'I just had my second Yag laser. My acne hasn't [all] gone but it's def getting better! #Adultacneisab***h.

We feel your pain, Mills! Sounds like you're well on the way to being acne free.



Katie Price

With her own cosmetics and tanning range, hardly a day goes by where Katie Price isn't looking glam.

But fans couldn't help noticing her swollen

mouth on *Loose Women*. Images emerged of her scabby red lips,

forcing Katie, 40, to admit she'd been suffering from cold sores all along.

'Isn't it funny paps use angles to make you look weird? Yes I have a cold sore – wow that's big news as nobody ever gets them!' she wrote.

Jake Wood is arguably most recognisable for playing bad boy Max Branning in BBC1 soap *EastEnders*. But off screen, the dad-of-two has a softer side. After a three-month break from filming to spend time with his family, Jake has dusted down his marathon kit for the first time in 21 years to compete in the London Marathon next month in aid of former co-star Barbara Windsor, who is living with dementia.

When we catch up with Jake, 46, he explains, 'I vowed in 1998 never to do it again and Barbara is the only person who could pull me out of retirement! We're looking to raise £100,000 for Dementia Research.' Best of luck, Jake!

Hi, Jake! Training going well?

It's going great, but I've had a bit of a blip – I had a chest infection for four weeks so it's knocked me back. I did a 10k yesterday, it was hard work, but my aim was just to complete it and that's still the plan. If I manage to run 20 miles of it on the day I'll be happy.

Will it be the furthest you've run before?

I did a marathon in 1998 and then vowed 'never again'. My wife [Alison] got a horrible injury so I carried her around. It took about six hours. In terms of training, it takes up so much time. I've a very busy job and two kids at home. I've done a lot of half-marathons. I find them more manageable.

What's giving you the motivation to keep training?

Barbara is the driving force and keeping everyone going. I know Scott [Mitchell, Barbara's husband] has her in his mind. I'm the same. If I'm struggling,

I think of her and what she's going through. During one of the last chats I had with her she was asking why did it have to be her [who developed dementia] and I didn't have an answer. It's heartbreaking. It's terrifying. Barbara is a good motivator. She's such a legend. I think the plan is for her to be at the finish line. It'll depend how she is on the day, but if anything keeps me going, it's that!

You missed out on a weird crush award to Piers

Morgan. How was that?

'If I run 20 miles of it I'll be happy!'

Barbara has inspired Jake's marathon run



Piers has stolen Jake's thunder

I won it four years in a row. It's time to pass the baton on! Piers is very worthy successor and I wish him all the best, it has changed my life and I hope it does the same for him.

You slipped to 15th place. Are you hoping to regain your title?

We'll see how it goes. All the awards are clogging up my shelf. I'd rather not win that one again. And I need room for my marathon medal.

You recently grew a beard.

Did it help you go incognito?

Yes, it's gone now as I'm back at work. A hat always works, so a hat and beard works a treat!

It was recently rumoured David Beckham had a hair transplant. Would you ever consider having one?

No, I am who I am. I was never worried about going bald, that's never bothered me. Each to their own, but it's certainly not [something] for me.

Is marathon training any harder than learning lines?

Learning lines is mentally very tiring, and marathon training is physically very tiring, but they do complement each other. If you've had a long day at work you can go out for a run and clear your head. I've been at *EastEnders* for 12 years, so the

JAKE

'Piers can have WEIRD CRUSH

EastEnders actor **Jake Wood** tells us why he's happy to lose out to Piers Morgan, how he goes incognito off-screen and why Barbara Windsor has brought him out of marathon retirement



Jake grew a beard during his time off from *EastEnders*



In the *Strictly* semis with partner Janette Manrara in 2014

idea was to have a break and spend some time at home with the family and recharge. I was always going to come back.

Anything else you want to do career wise?

I'd love to do *I'm a Celebrity*. I love that show! I'd take the whole family out to Australia.

Are you still dancing?

No, not at all. You're spoilt on *Strictly*, it's hard to go

from dancing with that calibre of partner to perform at a village hall. It just wouldn't be the same.

Anything you'd like to see Max do next in *EastEnders*?

I'd like Max and Stacey [Slater] to get married. I don't think that's on the horizon, but they're so wrong they're right. It'd be a weird, but fascinating match. I love working with Lacey Turner [who plays Stacey]. She's such a brilliant actress.

Jake is supporting the Dementia Revolution as part of Barbara's Revolutionaries. Sponsor him at uk.virginmoneygiving.com/Barbarasrevolutionaries Dementia Revolution is a year-long joint campaign by Alzheimer's Society and Alzheimer's Research UK. To find out more, please visit dementiarevolution.org

my crown!'



With fellow Barbara's Revolutionaries, including Natalie Cassidy (second right)



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Michelle's hair extension

FAIL!

What's the real story behind her hair mare?

We're used to seeing Michelle Keegan looking super-glam during red-carpet appearances, and even when she's playing an army medic in BBC1's *Our Girl*.

However, the actress – who is married to former *TOWIE* star Mark Wright – appeared to be suffering from a bad hair day last week.

As she wore her hair in a half-up, half-down style, fans couldn't help noticing her hair extensions, with the sticky tabs which are

used to attach them on show.

'Oh no, tape extensions really are the worst! So visible,' one wrote on social media.

'Stuck on extensions, not a good look,' another added.

Michelle's hair faux pas comes after it was revealed the 31-year-old spends a fortune on keeping her face looking young.

The actress recently gushed about how good her skin looks after having non-surgical treatments at celebrity doctor

Dr Esho's Harley Street clinic. And Dr Esho has since revealed the procedures she's had, including a HydraFacial, pHformula Vitamin C Skin Resurfacing treatment and Dermapen micro-needling.

'When Michelle visits the clinic, she has a combination of three different treatments,' he said. 'Michelle has amazing skin

anyway, but she always maintains it in the right way.'

With each treatment ranging from £150 to £350, if carried out monthly they could set you back £9k a year – it could explain why Michelle's mane hasn't been getting much attention lately.

But Mich isn't the only one to have suffered a dreaded hair mare. Take a look below...

WORDS: GRACE HENRY. PHOTOS: BACKGRID, BEEM, GETTY, MATRIX

Unbeweavable stars

Naomi Campbell

Remember her bald patches? 'I take more care of my hair now, as I lost all of it with extensions,' she admitted.

Chloe Ferry

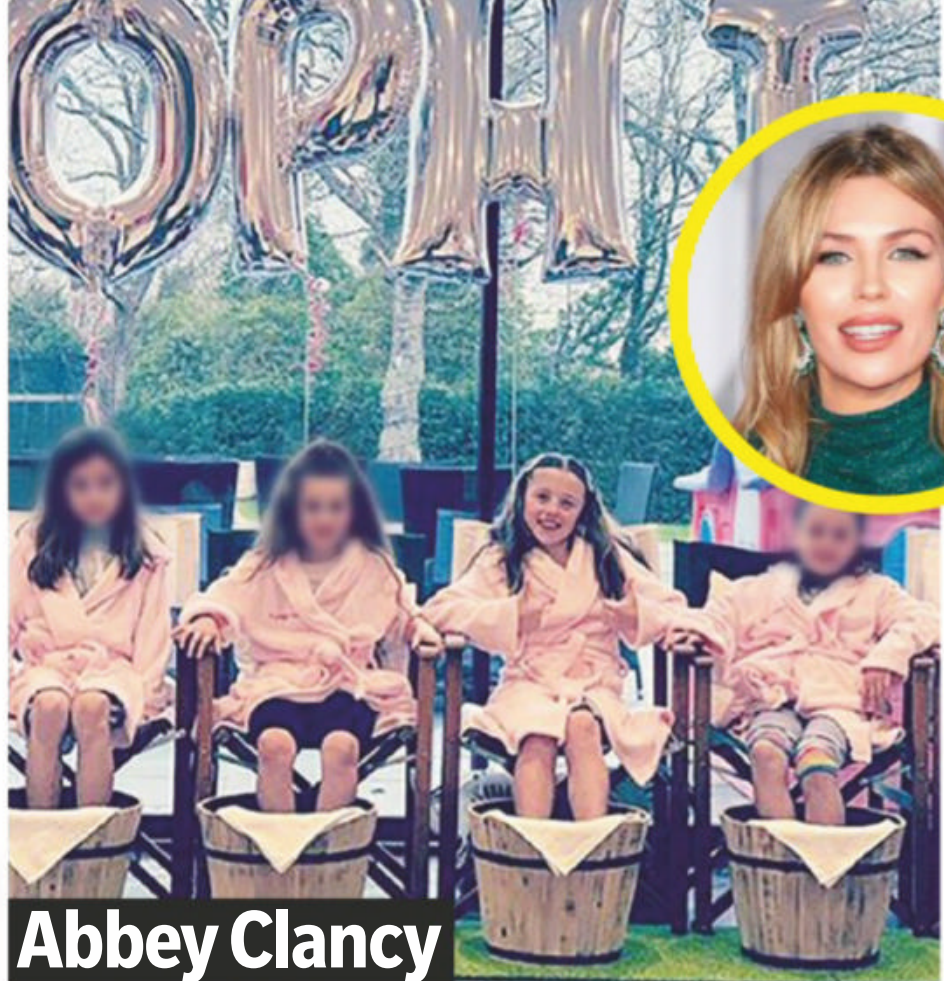
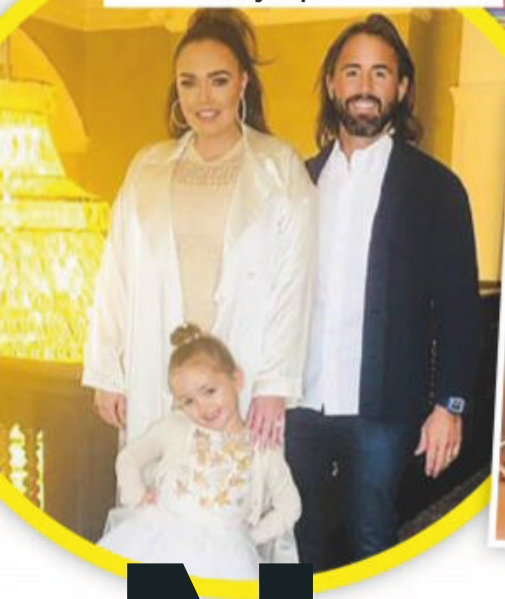
Earlier this year, the *Geordie Shore* star revealed shocking damage to her hair after years of wearing extensions and dyeing it blonde.

Katie Price

She's the queen of switching up her mane, and KP has had her fair share of hair fails. Like here, where her tracks weren't exactly discreet.

Tamara Ecclestone

The socialite has form when it comes to hosting extravagant parties, spending an estimated £70,000 on her daughter Sophia's first birthday in 2015. This year was no different as the 34-year-old went for a *Greatest Showman*-themed event for Sophia's fifth birthday, complete with an impressive cake and a circus-style performance.



Abbey Clancy

Abbey's daughter Sophia was treated to a spa party for her eighth birthday that would put most resorts to shame. But when the model, 33, was branded 'inappropriate' for the pre-teen pamper session, she

hit back, 'So if you think six little girls being together in a happy, safe environment having fun and laughing and creating lovely memories together is the reason why the world is f***ed then you're deluded.' Ouch!

No expense SPARED!

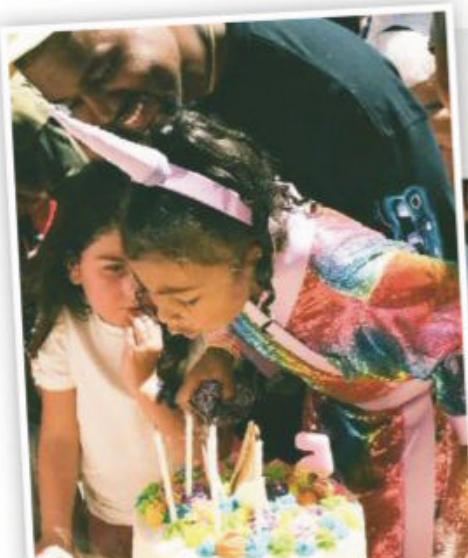
As **Tamara Ecclestone** throws another OTT party for her daughter, we look at more lavish A-list kids' dos



Tori Spelling

The 45-year-old's parties for her kids are the stuff of showbiz legend. At Tori's eldest daughter Stella's ninth birthday in 2017, guests enjoyed pony rides, piñatas and a unicorn-themed

cake. Tori's mum Candy hit out, saying, 'Everyone is complaining they don't have any money now, and here Tori is doing these grand parties. She even rented a house for Stella's party.'



Kim Kardashian

Kim K pulled out all the stops for daughter North's fifth birthday bash. While Kim, 38, did make North share the party with her cousin Penelope, the unicorn-themed do featured,



'Ponies with unicorn horns, a cotton candy and s'mores station, a "unicorn snot" glitter slime craft station and music by DJ Livia - she's only 10 and she was so good!' gushed Kim.

WORDS: KAREN DUNN. PHOTOS: BACKGRID, GETTY, INSTAGRAM @ABBEYCLANCYOFFICIAL, @TAMARAECCLESTONEOFFICIAL, MICHAEL SIMON/STARTRAKSPHOTO.COM



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My **STALKER** flew 1,000 miles to **FIND ME**

Insta star Andreea Cristina, 30, found herself in danger

Rushing home from my job in finance, I flipped open my laptop and started typing. Writing about my new favourite face scrub, I attached a picture, and within minutes, sent my post to the world.

Streams of positive comments flooded in. I'd been running a blog on Tumblr since I'd been in college. At first, I would just share my favourite recipes, but when I started to post about different skincare products and beauty treatments, my audience seemed to love it.

When I was younger, my grandma Valerie, 70, had taught me the importance of a decent scrub and cleanser and told me to always use a night cream.

'Make sure you take your make-up off thoroughly,' she'd say. Now I was teaching others the lessons I'd learnt from her.

And when Instagram came along in October 2010, it made sense to set up a profile. At first, I just had a personal account,

sharing snaps of camping trips with my friends or sunshine

shots on the beach.

Then, my cats Mushball and Peeny Houdini, became

Instagram sensations, gaining 50,000 followers. Wanting to share my beauty advice, I started a new account @andreeacristina.

Using Peeny's account and specific hashtags with my posts, as well as teaming up with a few other beauty bloggers to

promote each other, my audience was growing daily.

Rising star

Soon, I had thousands of followers. 'Love your page. Can't wait to try this new product,' the comments would say. The positive response was really overwhelming.

As the years went on and my following grew from thousands to hundreds of thousands, I quit my job in finance and became a full-time beauty blogger. I got more comments than

'The positive response was overwhelming'



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ever, but not all of them were good. More than 400 nasty comments flooded in every week, most of them from men.

'You're a whore, Get a real job, you're a gold-digger, a worthless female...'

Some messages were sexual and people even threatened to kill me – and my cats. Every insult felt so personal, and I started to question whether they were right. I became anxious and obsessed with every one of their derogatory words.

Lying awake at night, I found the comments consumed my thoughts and nightmares. I'd spend evenings in tears, scrolling through all the monstrous messages, blocking trolls. But the abuse kept coming.

Strange messages

I shut down my account for a few months in 2014, to give myself some breathing space from the trolls. But my beauty blog had become my career, with advertisers paying me to review their products. I needed to post to earn a living.

I had no choice but to sign back in, trying my best to ignore the vicious comments. Then, in June 2015, I started receiving emails from a strange man.

'How are you? Can we talk?' the messages read.

I had no idea how he'd got my email address so I blocked him, hoping that would be the end of it. But he would trick me into opening new messages by constantly



Andreea and Brian married last year

changing his email address. Soon I was receiving an email every single day.

'I must talk to you. Why do you never respond?' he'd write. He seemed to grow more and more frustrated and would use obscenities in each message. And soon he was sending two or three emails a day.

'I'm scared to leave the house,' I admitted to a friend one day.

I was sure the emails weren't from someone I knew, but I wondered if he was one of the trolls who'd threatened me and the cats when I first set up my account. Either way, he felt like someone dangerous.

'I have a mind to fly to Vegas and find you,' his next message

said. I started to panic, how did he know where I lived? Then, a few months later, I got a note through my front door. It didn't have a stamp, it had been delivered by hand. 'Meet me here,' it read, along with the address of a hotel. My heart dropped. How had he possibly found out my address?

Making contact

I couldn't take it any longer, but as I headed to report him to the police, another email pinged.

'You need to come talk to me, I'm not leaving without getting some face time,' he wrote.

At the police station, I told them about the relentless emails and now the hand-delivered note. But, by law, this creepy guy hadn't done anything wrong.

It seemed he would have to physically attack me before they could take action. Hiring my own private investigator, I soon discovered he was staying in a hotel near my house. As

I suspected, he was a complete stranger – and he'd flown over 1,000 miles from Texas to see me. Angry emails kept flooding in...

'You're so rude not to meet me... I feel betrayed... I spent all my money on this trip to see you.'

I deleted every one without a reply. And incredibly, after that, the messages suddenly stopped. I didn't dare feel relieved, but no more messages came.

That didn't mean I wasn't getting harassed by other trolls, though. Especially when I met my partner Brian, 29, in 2016, and shared the news online. Posts of our date nights and even our wedding last year seemed to enrage people. To date, I've had to block over 200,000 users.

I find it outrageous that the police won't act until something physical occurs. That's why I'm backing a campaign to launch a stalker register, which would have the same rules as the Violent and Sex Offender Register in the UK.

Thousands of young women share their lives online, but they're vulnerable to these faceless social media freaks. I'm now stronger and can brush off negativity, but there are a lot

'I've had to block over 200,000 users'

of impressionable youngsters who could fall victim to this hate.

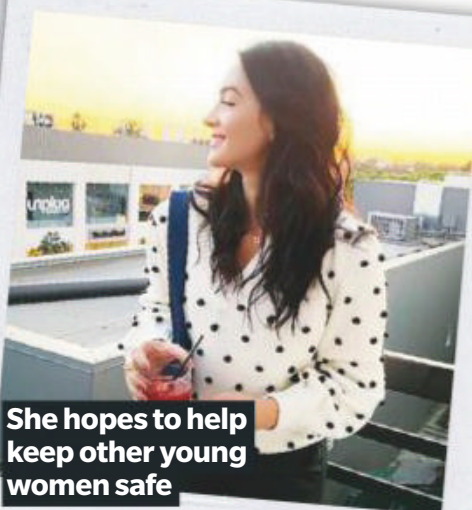
My advice to influencers would be to keep a record of any harassment and never give out your

location. Social media should be a safe, kind, encouraging place to work, play and socialise. It's a shame a few twisted weirdos want to ruin that.

A spokesperson for Instagram said: 'We want to maintain a safe and supportive environment on Instagram. Our guidelines outline what is and isn't allowed on Instagram. If someone violates these guidelines, we will take action. We process millions of reports every week, and the vast majority of reports are reviewed within 24 hours.'



Andreea enjoys sharing her life with her followers



She hopes to help keep other young women safe



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Step into SPRING

Update your look
with affordable new
styles this season

The supermarket shop has never been so chic thanks to George's stylish seasonal treats. When the weather won't settle between heatwave and Arctic blast, layering is key, so these trend-led cover-ups are our latest wardrobe lust-haves. Chic checks and gingham are the prints of choice, so get in there fast as these pieces are sure to sell out!

Mixing and matching is the way forward for this season, and with these pocket-friendly prices it's easy to put together an

on-trend, versatile look – whatever your budget.

The green trench is a sure-fire hero item – try teaming with faded denims and a pretty frilled top that can be dressed up or down with ease. We also can't get enough of the collection's instant outfit jumpsuit – perfect for day-to-evening elegance.

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Style news, celeb recommendations and inspo

PERFECT LASHES

Nouveau Lashes, the brand behind the lash-boosting LVL treatment, has enlisted Michelle Keegan as its new UK ambassador. As a long-time fan of the brand, especially the LVL (length, volume and lift), Michelle said, 'I was thrilled when they approached me to work with them. LVL has been a must-have part of my regime for years now. I love how it makes my natural lashes look longer and really voluminous.' Give LVL a try for yourself or go to nouveaulashes.com to stock up on lash-loving products from the brilliant beauty range.



NOUVEAU LASHES REJUVENATING EYE CREAM & MASK, £19.99

NOUVEAU LASHES LASH & BROW CONDITIONING SERUM, £19.99



The new beauty buzz: CBD skincare
It's derived from cannabis, but it won't get you high! CBD oil is full of skin-boosting antioxidants.

HOLLAND & BARRETT CBD SERUM, £19.99



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FLOWER BEAUTY MIX N MATTE LIP DUO, £7.99, SUPERDRUG

CHARI-TEE

All of the profits from Melissa Odabash's T-shirts will be going to Marie Curie, helping the cancer charity keep up its amazing work.

T-SHIRT, £15, ODABASH.COM



BAG, £227, PIZZASLIME.COM

MOCK CROC

Crocs has teamed up with quirky brand PizzaSlime to turn its controversial shoe into an even more controversial bag! Thank goodness they're limited edition.

NOT-SO-SWEET DREAMS

We're all for a pillow spray, but Aldi's fragranced pillows (choose from watermelon or berries) are a step too far.

FRAGRANCED PILLOW, £5.99, ALDI



So NOT!

FASHION MATHS

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JACKET, £39, SIZES 4-18, TOPSHOP



T-SHIRT, £9.99, SIZES XS-XL, H&M



JEANS, £25.99, SIZES 6-18, NEW LOOK



SHOES, £12, PRIMARK



BAG, £29.99, ZARA

Copycat

Celebrity looks we're longing to steal this week



Tess Daly

The presenter is working the coloured suit trend like an absolute pro. The baby blue blazer and trouser pairing teamed with a white tee and matching shoes make for one chic colour combo.



£38
Dorothy Perkins
SIZES 6-22

£25
Dorothy Perkins
SIZES 6-22



Double
exact
match

Abbey Clancy

There's a rumble in the jungle as tiger print is becoming our new fave thing, especially after seeing Abbey in this two-piece. She made a fierce statement in this skirt and shirt set from her collection for Lipsy at H&M.



£40
Lipsy
at Next
SIZES 4-18

£38
Lipsy at Next
SIZES 4-18



Paris Hilton

Paris looks ready for summer in this ladylike Oscar de la Renta number. The fit-and-flare style of this Oasis frock is extremely flattering and oozes glamour. It's perfect for garden parties or weddings. Team with simple courts and red lippy.

£49
Oasis
SIZES 6-18



Kelly Brook

We love how Kelly's given the classic check shirt dress a grungy twist by adding a biker jacket and chunky boots. The belt helps cinch her in at the waist, showing off her figure, while her glossy waves add a glamorous touch.

£30
Pretty Little Thing
SIZES 4-16



Exact match



Rochelle Humes

A trench coat is a must-have during these transitional months. Rochelle gives the classic cover-up a luxe touch with her leather number. This camel H&M version will go with everything as well!

£39.99
H&M
SIZES 4-20



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Greggs have teamed up with *Now* to offer you a sweet deal. Treat yourself to a regular hot drink and a doughnut from your local Greggs shop... for FREE!

Why not warm up with Greggs' Latte? It's made with a blend of 100% Fairtrade Arabica and Robusta beans and slow-roasted to create a delicious, full flavour.

Why not try the Salted Caramel Ring Doughnut with its delicious salted-caramel flavoured topping, finished with a white-chocolate flavoured decoration? Or the Pink Jammie, filled with apple and raspberry jam and topped with pink decorative icing?

For more FREE tasty offers, download our Rewards app: greggs.co.uk/rewards

HOW TO CLAIM

So what are you waiting for? All you have to do is cut out the voucher below and take it along to your local Greggs shop between Tuesday 26 March 2019 and Tuesday 23 April 2019. It couldn't be simpler! To find the location of your local Greggs, just visit greggs.co.uk for details.

FREE
GREGG'S HOT
DRINK AND
DOUGHNUT



This voucher can be redeemed for a free regular hot drink at Greggs and any doughnut. Drink can be an Espresso, Black/White Coffee, Decaf Coffee, Flat White, Latte, Cappuccino, Mocha, Vanilla Latte, Caramel Latte, Hot Chocolate or Tea. Decaf coffee is not Fairtrade and is not freshly ground. Not available in franchise locations. The voucher is redeemable from Tuesday 26 March to Tuesday 23 April 2019. Only one voucher per customer and transaction. Offer is subject to availability. Not available in conjunction with any other offer. No cash alternative is available. Photocopied vouchers not accepted. Greggs reserves the right to withdraw this offer at any time. Take out only. Serving suggestion pictured.

FOR
STAFF
USE

GREGG'S **Now**

Look

LIKE A CELEB...

New beauty trends with A-list approval

Now **BEAUTY**

KENDALL
JENNER

FOUNDATION DROPS THIS WEEK WE...

Lust it

High-pigment drops to deepen your base

3INA THE CUSTOM DROPS IN 602, £12.95, ASOS



Love it

Reduces unnatural yellow tones in too-orange foundations



SHADE ADJUSTING DROPS IN LIGHT, £11, THE BODY SHOP

Like it

One for fake-tan fans, warm up your base to match your new glow

COLLECTION PRIMED & READY COLOUR FIX IN WARM, £3.99, SUPERDRUG



Kendall loves

Proving that sometimes you can't beat your basics, model Kendall Jenner has revealed her favourite lip balm – and it costs less than a tenner. Flying from country to country is likely to take its toll on your skin (it's a hard life, eh?). So, for jet-setters like Kendall, hydration is key. Known for its moisture-boosting ingredients, Avène Cold Cream Lip Cream, £8, Boots, soothes and softens as well as protecting your pout from future dryness.



Beauty HACKS

Soaking in Epsom and Himalayan salts draws out toxins from your skin, leaving you feeling incredibly soft with a look-at-me glow.

WESTLAB CLEANSE SALTS, £6.99, ASDA



TRY IT NOW

Brow booster

Pricy but made with seriously hard-working ingredients, this high-tech serum reduces the impact of the hormones that cause hair loss as well as re-enforcing the follicles to grip onto your hairs. For a purse-friendly alternative, use castor oil to help your brows grow thicker and healthier.

MONAT LASH & BROW ENHANCING SERUM, £55, MONATGLOBAL.COM



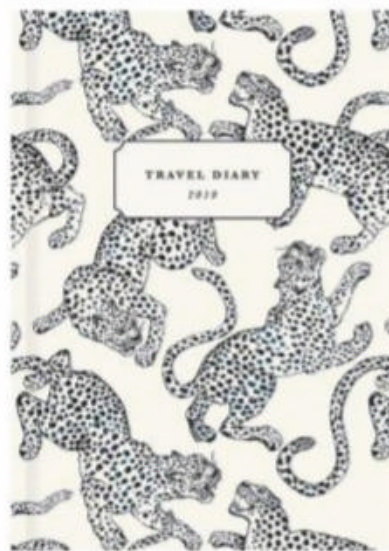
COMPILED BY: JESS BEECH. PHOTOS: REX



ROSE MIGNONNERIE SHOWER GEL, **£9.50**, ROGER & GALLET



SKIRT, **£35**, SIZES 6-24, M&S



NOTEBOOK, **£19.99**, PAPIER

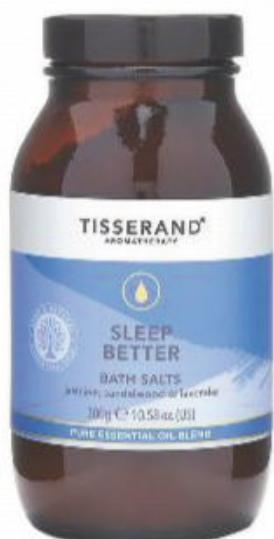


WAKE EYE GEL, **£18.95**, WAKESKINCARE.COM

Shop it **NOW!**

Treat yourself to our hot high street buys before they sell out

In store
TODAY



SLEEP BETTER BATH SALTS, **£13.95**, TISSERAND



LAMP, **£45**, MATALAN



OLIVIA BUCKLAND PREP + GLOW FACE MASK SHEET, **£4.95**, SKIN REPUBLIC

Use
before
make-up



CANDLE, **£44.49**, HAMPTON AND ASTLEY

Scent-
sational
buy!



TRAINERS, **£45**, M&S

Create
multiple
looks



SANDSTORM BAKED EYESHADOW PALETTE, **£12.99**, BARRY M



SUPERFOOD BERRY BOOST MASK, **£30**, ELEMIS



TOP, **£28**, SIZES 6-22, NEXT



ALEX STEINHERR PLUMP & GLOW FACIAL IN A STICK, **£5**, PRIMARK



JACKET, **£20**, SIZES 6-20, PRIMARK



RING, **£23**, ANIA HAIE



GLOW BEAM DROPS LIQUID HIGHLIGHTER, **£4**, GEORGE AT ASDA



GHD AIR, **£99** AND DIFFUSER, **£15**



BAG, **£45**, OASIS



LOTTIE LONDON BLUSH CRUSH IN JUSTIN, **£4.95**, SUPERDRUG



MOLTEN METAL GLITTER EYESHADOW, **£10**, BEAUTY BLVD

Skin

LIKE A CELEB...

Fake it with
make-up,
no surgery
required!

INSTEAD OF BOTOX

Botox or Botulinum toxin injections are medical treatments that can also be used to help relax facial muscles, which make lines and wrinkles – such as crow's feet and frown lines – less obvious. But unlike many wrinkle-free celebs, most of us don't have the time or money to commit to regular needling. Which is why a multitude of 'Botox in a bottle' products have come to the rescue. While not quite as face-changing as the real deal, they do give similar results non-invasively. These clever plumping serums and creams work to instantly hydrate your skin, smoothing the

appearance of fine lines and blurring any imperfections.

L'ORÉAL PARIS
REVITALIFT
ANTI-WRINKLE +
EXTRA-FIRMING EYE
CREAM, £12.99



NIP+FAB NO
NEEDLE FIX
SERUM, £9.99



REVOLUTION
SKINCARE
WRINKLE & FINE
LINE REDUCING
SERUM, £10



NO7 LINE
CORRECTING
BOOSTER SERUM,
£38, BOOTS

Worth
splurging
on – it really
works!



KELLY
BROOK

INSTEAD OF FILLERS

The quest for inflated lips has waned in favour of a more natural-looking pillowy pout. And a lot of celebs are swapping fillers for clever products to create this look. Firstly, ensure that your lips are hydrated, if they're not they will appear to shrink and shrivel. To cheat a plumper pout, apply a concealer a shade lighter than your skin tone into the V on the Cupid's bow, then pop a highlighter over the top of the V and along the edge of your whole top lip. This will bounce light around the area and create the illusion of more rounded lips. To sculpt and amplify the size of your lips, take the pencil just over the lip edge, following your lip line so you still create a natural shape.

BARRY M THAT'S
SWELL! PLUMPING
LIP GLOSS, £4.99



Apply
a clear
gloss to the
centre of your
lip to cheat
fullness



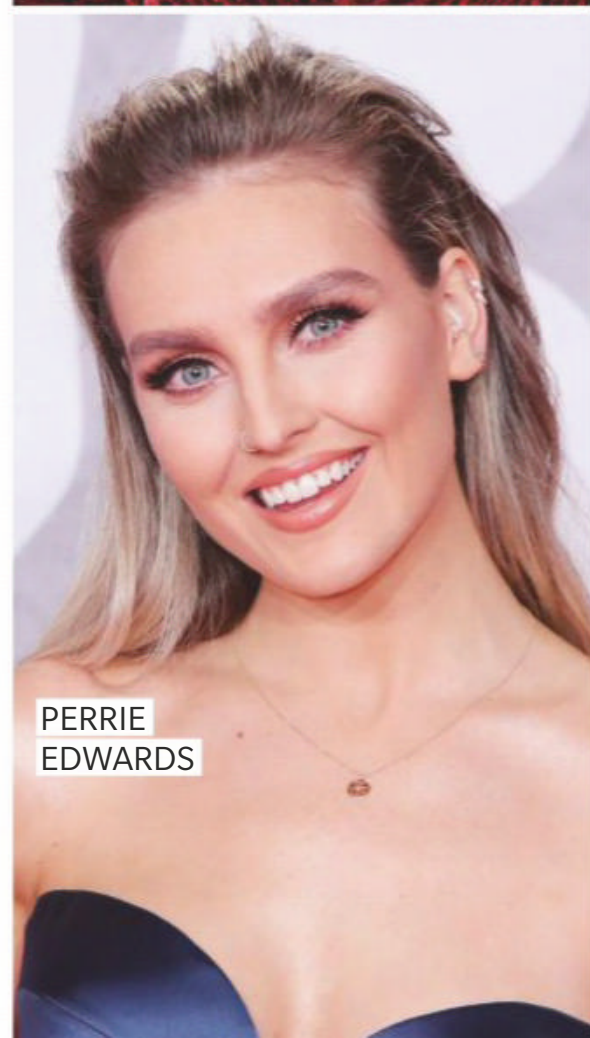
SOAP & GLORY SEXY
MOTHER PUCKER XL
EXTREME PLUMP GLOSS, £10



BUXOM
PLUMLINE
LIP LINER,
£15



FILORGA
NUTRI-
FILLER LIPS,
£21



PERRIE
EDWARDS

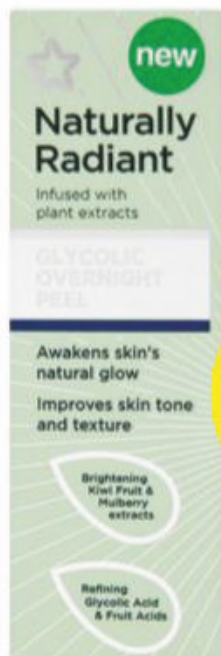


CAROLINE
FLACK

INSTEAD OF MICRODERMABRASION

Dermatologists use specialised equipment to slough away the outer layer of skin, but at-home products and peels let you do a similar job at a fraction of the price. If you have acne scarring, uneven skin tone or pigmentation (caused by the overproduction of melanin in

specific areas, creating dark spots) you'd benefit from exfoliating. Microdermabrasion physically exfoliates, whereas peels use a mixture of alpha hydroxy acids to dissolve dead skin cells.



Reveal glowing, fresher skin

E.L.F. GENTLE PEELING EXFOLIANT, £7.67

SUPERDRUG NATURALLY RADIANT GLYCOLIC OVERNIGHT PEEL, £5.99

THE BODY SHOP VITAMIN C GLOW BOOSTING MICRODERMABRASION, £18

SANCTUARY SPA WARMING MICRODERMABRASION REFINING POLISH, £11.99

INSTEAD OF SURGERY

Skin heading south but going under the knife isn't an option? Products are obviously not going to get you extreme makeover results, but they can lift and tighten the appearance of

your skin so you spend less time pulling your face up in front of the mirror. Look for oomph-adding ingredient elastin – the fibre that helps your skin bounce back into place.



KYLIE
MINOGUE



B. LIFTED CONTOURING CREAM, £9.99, SUPERDRUG



MAGICSTRIPES LIFTING COLLAGEN MASK, £8, LOOKFANTASTIC.COM



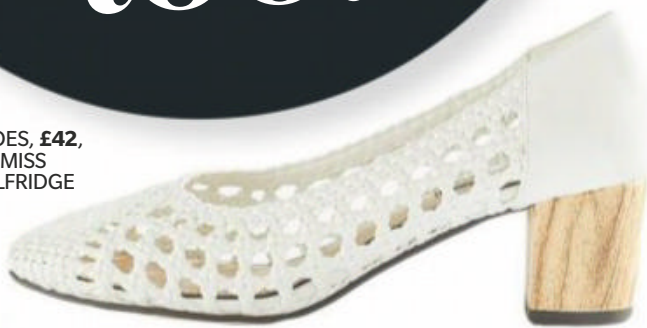
BOOTS LIFT TIGHTEN UP FACE & NECK DUO, £6.49

OLAY ANTI-WRINKLE FIRM & LIFT 2IN1 ANTI-AGEING CREAM + FIRMING SERUM, £5.24

WORDS: CHARLEY WILLIAMS-HOWITT. PHOTOS: REX

You can wear it too!

SHOES, £42, MISS SELFRIDGE



SHOES, £29, TOPSHOP



SHOES, £29, TOPSHOP



SHOES, £36, OASIS



MILLIE MACKINTOSH



MAYA JAMA



SHOES & BAGS

Switch up your accessories to create a new look



BAG, £28, MISS SELFRIDGE

SHOES, £23, DOROTHY PERKINS



Designer-inspired



BAG, £25.99, NEW LOOK

BOOTS, £59.99, MANGO



SHOES, £59.99, VIOLETA BY MANGO





LILAH
PARSONS



BAG, **£29.99**,
RESERVED



BOOTS,
£19.99,
ZARA



BAG, **£12**,
PRIMARK



SHOES, **£25**, M&S



BAG, **£19.99**,
H&M



SHOES, **£49.99**, ZARA

**Available
in wide
fit**



BAG, **£20**,
TOPSHOP



SHOES, **£34.99**,
RESERVED



BAG, **£19.99**,
NEW LOOK



BAG,
£49.99,
ZARA



SHOES, **£45**, FAITH
AT DEBENHAMS

BAG, **£15**,
TOPSHOP



BAG, **£65**, DUNE
LONDON



SHOES, **£69.99**,
VIOLETA BY MANGO

**On-trend
perspex
heel**



TRAINERS, **£35**,
RIVER ISLAND



BOOTS, **£89**, TOPSHOP

EST. 1920

Ideal Home



NEW RANGE OF FURNITURE, LIGHTING & ACCESSORIES

now available at

VERY.CO.UK

BODYgoals

Time to fight cruel FAT-SHAMING

I'm a Celebrity star Emily Attack has put the trolls firmly in their place

Actress Emily Attack might be the envy of many women, but the 29-year-old has also been a victim of fat-shaming on social media. While admitting she just 'doesn't give a s**t', it may not be so easy for us regular folk to brush it off.

'When someone fat-shames you, it hurts, regardless of whether you put on a brave face,' says wellbeing expert Nicola Salmon of thelunahive.com. 'Although we cannot control what others do, we can control our own actions and how we respond.' Firstly, Nicola advises that we all stop commenting on

others' bodies. 'Instead, comment on things that matter – like how much you appreciate your friend or how the celebrity is making the world a better place.' In turn, ask people to stop commenting on your body. 'Tell them it is not acceptable. It can feel awkward at first, but only by creating these boundaries will things shift.'

Finally, Nicola tells us to embrace the word 'fat', saying, 'Fat is just cells on your body – it doesn't mean you're lazy, worthless, greedy or stupid. Be proud of the body you have and love it as best you can.' Amen, sister!



WORDS: EMILY JEFFERIES. PHOTOS: REX, GETTY (POSED BY MODEL). *BMJ SEXUAL AND REPRODUCTIVE HEALTH

MYTH BUSTER

**Drinking water after exercise
can help prevent cramps**

Not necessarily. According to researchers at Edith Cowan University, it could actually make you more likely to suffer from the painful spasms. Instead, you should be consuming electrolytes – minerals in the blood which include salt and potassium – which can be found in sports drinks, in order to prevent cramping.



SHOCK STAT

6 That's how many years of bad sleep new parents get after their child is born, according to new research in the journal *Sleep*.

3 THINGS

YOU MUST DO THIS WEEK...

LET THE KIDS SLEEP

An extra hour in bed makes them less likely to feel nervous, tense and anxious according to the University of Minnesota.

DON'T FEAR OLD AGE

Harvard Medical School found that people are happiest when they reach 70 years old.

GET INTO SPORTS

New research* revealed that sporty women tend to have more sexual partners. Just sayin'...



GET 'APPY

Seconds – Interval Timer for HIIT & Tabata, free, iOS/Android



Makes interval training easy. It offers a full-screen, colour-coded display that's easy to read from a distance and speaks your interval names, so you can follow a workout without constantly glancing at the screen.

SPICE UP YOUR LIFE!

7 rules for LONG-DISTANCE LOVE!

Absence should make his heart grow fonder for you, not some other chick

1 Charge your phone

Whether he's in the Sahara or Slough, if your Skype-nificant Other isn't nearby, then your phone is key for some sizzling textual relations. 'Don't worry if you're new to sex-by-tech—FaceTime will help you stay close,' says life coach Michelle Zelli (michellezelli.com). 'Ask what your partner is missing most while you're apart, it's a great way to get steamy.' Just make sure your Wi-Fi signal is hot, hot, hot, too.

2 Stop. Being. Jealous

Being untrusting in a relationship is like shaving your legs on a cruise ship. During a power cut. In rough seas. The only person you'll wind up hurting is yourself. 'Nothing kills good feelings faster than jealousy, so remind yourself why you're a major catch,' says Michelle. 'Why would he want a burger when you're providing prime fillet steak?' Mmm, unless it's that Big Mac with bacon...

3 Don't become pen pals

Alas, the art of long-distance letter writing is dying. But you don't have to be the one to revive it. Send him a vid of you having a solo master-date instead. 'Play with the same toy you did the

last time you were together, then describe how it feels to be watched,' says Michelle. FYI, we're not talking about when you played Bop It together, right?

4 You can still have a quickie

Everything can get boring when the formula doesn't change. Hello, *Dinner Date*, we mean you. Yawn. Spending hours baby-talking down the phone will slowly start to irk him like listening to someone scrape a yogurt pot. 'Try a spontaneous quickie before you rush off to work or out for the night,' says Michelle.

5 Never ditch your mates

Just like a Mexican Wave, your long-distance love life will flourish when more people are involved. But no, dirtbags, we don't mean a threesome. 'It's tempting to shut down your life when your lover comes to town,' says Michelle. 'But give him access to your world. Balancing emotional and sexual input is key, as one without the other could mean things fizzle out quickly.' And, BTW, before he suggests it, a threesome when you're *not* in the same room is actually just watching him cheat. Trust us.

6 Stay away together

While you may not breathe the same air as your love muffin most of the time, you can still share some of those Nectar points you've been collecting on petrol from going back and forth to see each other. Kerching. Use them to travel together for once. 'It's a great way to keep it fun,' says Michelle. And it's also the quickest way to find out if you can *really* stick him.

7 Think of the future

Sudoku is exciting when it gets tricky. Relationships: not so much. So, if he finds a trip to the cornershop for milk too much effort, then it's time for a rethink. 'If the distance starts to make you feel resentful, or if it's not an equal investment of time, commitment and thought, end it,' says Michelle. After all, there are plenty more fish in the sea. But maybe search the local aquarium first next time, yeah?



SEX & LOVE

Advice

Expert tips from sex and relationship guru Annabelle Knight



Hi guys,

This week, I want to talk about Dan Osborne and Jacqueline Jossa. Earlier this month, Dan was reportedly seen kissing *Love Island*'s Alexandra Cane in a Manchester nightclub, which they denied. However, this isn't the first time Dan's been accused of straying, which puts a tremendous amount of pressure on the couple. These allegations could lead to lower levels of trust. If they don't keep an honest and open dialogue, they risk damaging their relationship beyond repair, as ill feelings will start to take hold. Whether or not the rumours are true, the stress of this situation will be huge. My advice to the couple is to see a counsellor or coach to guide them through – my door is always open!



Dear Annabelle,
Since turning 30, I've found it more difficult to get wet during sex – help!

A: It's not uncommon for a decrease in natural lubrication as we get older. Try some lube and don't stress about it!

Dear Annabelle,
My ex just got engaged and it's really upset me – what should I do?

A: Spend some time with your friends, confide in them, and

invest in yourself. There's a reason it didn't work, so don't beat yourself up about it.

Dear Annabelle,
I live in a house share, so personal time is rare. Do you have any tips on masturbating discreetly?

A: Use the bathroom – there's a lock, running taps, and privacy! The Annabelle Knight Wowee vibrator from Lovehoney is petite, discreet, and best of all, waterproof!

Position of the week

This position is great for easy access to the clitoris. With the added stimulation, you up your chances of a dual orgasm!

Got a question for Annabelle?
Tweet us at [@celebsnow](https://twitter.com/celebsnow)

REVERSE BOOKENDS



Our stomachs are delicate things, so we need to take good care of them. Try these simple changes for a happy gut, as recommended by Harley Street nutritionist Rhiannon Lambert

1 Establish a routine

If your eating habits are all over the shop, don't expect your bowels to keep calm. Try eating three meals per day at roughly similar times, and avoid skipping meals altogether, as a 'chaotic' eating schedule can sometimes irritate your stomach.

2 Avoid tight or high-waisted clothing

They can dig in to you when you're sitting down and can often trigger bloating, so stick to more comfortable, looser-fitting

clothing during meal times. Baggy tops worn over undone buttons and zips work well!

3 Limit stress

Take more time to unwind to see if this helps to relieve a poorly tummy – huge amounts of research has found that stress aggravates stomach trouble. Gentle walking in particular could be helpful to calm both your body and mind. Try mindfulness techniques, too.

4 Reduce the amount caffeine you drink

You might have to find another way to stay awake during morning meetings. Caffeine can be harsh on your stomach and could lead to a, err, toilet incident. Limit coffee to one to two cups per day.

5 Stay hydrated

Our bodies are 60% water, so to function at their best it makes sense that we stay hydrated. Water keeps us regular and can help alleviate constipation. Aim for six to eight glasses per day. Not an H₂O fan? Try infusing with fresh cucumber or lemon slices or see the column below.

6 Cut back on wine time

It's not what you want to hear if you love your wine, but alcohol is never kind to your stomach. Booze irritates the stomach lining and can cause diarrhoea in the short term and constipation in the long term. Try cutting back or avoiding it altogether to see if it helps.

April is Irritable Bowel Syndrome (IBS) Awareness Month

TRY ENTEROSGEL 225G, £20.80, ENTEROMED.CO.UK
Mix with water to treat IBS-related diarrhoea. It really works!



6 WAYS TO... be kinder to YOUR TUMMY

WE TRY...
YOU BUY

WATERS WITH A TWIST

**BEST FOR:
BRIGHTENING
UP YOUR DAY**

Unicorn Strawberry Splash Sparkling Water, £1, Primark
Tasty strawberry fizz with zero calories and zero sugar.



**BEST FOR:
SOMETHING
DIFFERENT**

True Nopal Cactus Water, £1.69, Tesco
Packed with potassium and antioxidants but with less than half the sugar and calories of coconut water.



**BEST FOR:
FLAVOURS**

No & More Infused Still Water, £1.49, Waitrose & Partners
Pick from Mint & Cucumber, Watermelon & Melon and Blueberry & Raspberry.



**BEST FOR: THE
ENVIRONMENT**

Dash Water, £1.29, Boots
Dash use wonky fruit and vegetables that have been rejected from supermarkets to infuse their delicious British sparkling water.



OH.MY.BOD!

'Dieting ruined MY BUM AND BOOBS!'

TV presenter Laura Hamilton, 36, shares her top-to-toe health secrets

Hi, Laura! What's your favourite way to stay active?

I've recently got into weight training at David Lloyd in Purley. I'm trying to train four times a week and find it really beneficial, both mentally and physically.

How do you stay motivated?

I feel that when I exercise I have so much more energy and I want to be a positive role model for my children.

What body part do you struggle to keep in shape?

My legs. I don't like my calves and ankles. They're too big! The only time I did was when I lost lots of weight, but I had no bum or boobs!

What do you love about your body?

My stomach. I'm not sure why, but I don't have to work too hard to get a flat one.

Tell us your guilty food pleasure...

Chinese food – I love chicken and cashew nuts in yellow bean sauce with crispy seaweed.

Any foods you always avoid?

I try not to eat too much bread and pasta and I avoid eating late at night as I feel bloated and don't get a good night's sleep. I also try to limit my sugar intake.

Is there a food you eat everyday?

Nuts. They help me sustain a constant energy level all the day. I've replaced sweets with nuts and feel much better for it!

When do you feel most body confident?

When I have a tan. I spend a great deal of time in the sun filming *A Place in the Sun* and I always make sure I wear plenty of sunscreen, but I still manage to get a lovely tan.

Laura Hamilton is the ambassador of The Nickelodeon Treasure Hunt Malta, 13-17 April. Visit malta.nickelodeon.tv

HEIGHT:
5ft 3in
WEIGHT:
8st 6lb
DRESS SIZE:
8

WHAT LAURA EATS IN A DAY

Ashton Turner, nutritionist at London's Evolve, gives his verdict on her daily diet



Breakfast **400 cals**

Smoked salmon and scrambled eggs

ASHTON SAYS: High protein and omega-3 fatty acids make this the perfect way to start the day.



Lunch **500 cals**

Jacket potato with tuna and sweetcorn

ASHTON SAYS: Making this yourself means you get to control how much mayo goes in to the tuna. The reason it tastes so good in a cafe is because of how much mayo they use – so limit it or switch to using low-fat mayo.



Dinner **400 cals**

Chicken, wholegrain rice, baby corn and a portion of sugar snap peas

ASHTON SAYS: Chicken is my favourite protein source. It's low in fat, so calories are lower, but can be used in so many dishes.



Snacks **350 cals**

Nuts, dark chocolate with sea salt, apples

ASHTON SAYS: Dark chocolate is often a good substitute to milk chocolate as you tend to eat less. But remember, it's not any better if you eat a whole bar!



Total cals 1,650

(GDA 2,000)

ASHTON'S VERDICT Overall, a good balance of food which is both healthy and nutritious. Calories are at a good level for Laura, too.

Live LIKE A CELEB

BUT FOR A FEW QUID

How you can have a metallic home like Jess Wright



Jess Wright

Gold, brass and silver come together to create the reality TV star's shimmering style.



A pair of mirrored chest of drawers and twinkling glass chandeliers frame Jess' giant bed



PLANT POT, £19.99, TK MAXX



MIRROR, £16.99, TK MAXX



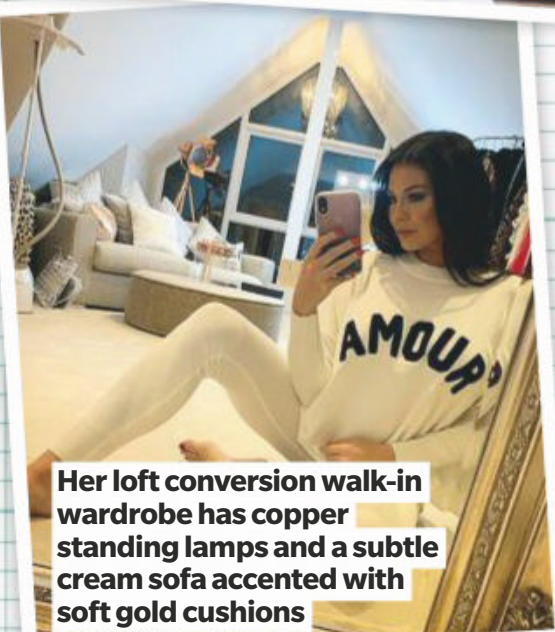
CANDLE, £8, RIVER ISLAND



TEALIGHT HOLDERS, £11.99 FOR SET OF THREE, VERY



SASHA THREE-SEATER SOFA, £799, OAK FURNITURELAND



Her loft conversion walk-in wardrobe has copper standing lamps and a subtle cream sofa accented with soft gold cushions



CANDLES, **£15** EACH, CREAM LEOPARD PRINT DOUBLE DUVET SET, **£70**, LEOPARD SEQUIN RUNNER, **£80**, LEOPARD SEQUIN CUSHION, **£20**, LARGE MONGOLIAN SQUARE CUSHION, **£70**, FRAME, **£15**, FAUX FUR RUG, **£32**, ALL RIVER ISLAND



COCKTAIL GLASS, **£4.50**, SAINSBURY'S

PENDANT LIGHT, **£59.99**, VERY



CUSHION, **£19.99**, VERY



CLOCK, **£16.99**, HOMESENSE

VASE, **£12**, JD WILLIAMS



TABLE LAMP, **£8**, GEORGE HOME AT ASDA



COCKTAIL SHAKER, **£9**, SAINSBURY'S



MIRRORED SIDE TABLE, **£119**, JD WILLIAMS

OTTOMAN, **£24.99**, BRITISH HEART FOUNDATION



COMPILED BY: ESMIE CLEMO. PHOTOS: INSTAGRAM @JESSWRIGHT77

Steal her style...

THE WALLPAPER

Marbled rose gold wallpaper, **£23.99** per 10m roll, Very



THE PAINT

Chalky Interior Matt Paint in Limestone, **£25** per 1ltr, M&L



THE FLOORING

Espresso oak wood flooring, **£50.15** per sq/m, Carpetright



Dine

LIKE A CELEB

IN YOUR
OWN
KITCHEN

Super-easy and super-fab dishes to make this week



Create a platter of posh sarnies like **Ashley James'**



TAKES: 40 mins

SERVES: 4

ENJOY: For a posh picnic or treat your pals to a homemade afternoon tea

YOU WILL NEED

6 slices of white or brown bread, buttered

FOR THE TOMATO AND CHEDDAR FILLING

175g cherry tomatoes

1tbsp olive oil

1tsp sugar

2tsp picked thyme leaves

4tsp mayonnaise

½tsp English mustard

8 slices of Cheddar

FOR THE CORONATION EGG FILLING

4 large eggs, hardboiled and chopped

2tbsp of mayonnaise

2tbsp plain Greek yogurt

2tsp curry powder

Cress

FOR THE CHICKEN WALDORF FILLING

2tbsp mayonnaise

2tbsp plain Greek yogurt

1 cooked, skinless chicken breast, shredded

1 celery stick, chopped

1tbsp chopped walnuts

60g green seedless grapes, halved

Small handful of salt leaves

1 To make the tomato and Cheddar filling: Heat the oven to 120C/Gas ½. Put the tomatoes on a baking tray, drizzle with oil, sprinkle with sugar and thyme. Roast for 2½ hours. Cool.

2 Combine mayonnaise and mustard, spread on the bread. Top with roasted

tomatoes and Cheddar. Top with another slice of bread.

3 To make the coronation egg sandwich: Mix together all of the filling ingredients and spread onto the bread. Top with bread.

4 To make the chicken waldorf: Mix together all of the filling ingredients and spread this on one slice of bread. Next, scatter over a handful of salad leaves before topping with bread.

5 Cut the sandwiches into neat fingers to serve.



Make chicken salad like **Katie Price's**

TAKES: 20 mins

SERVES: 4

ENJOY: For a vibrant and vitalising lunch

YOU WILL NEED

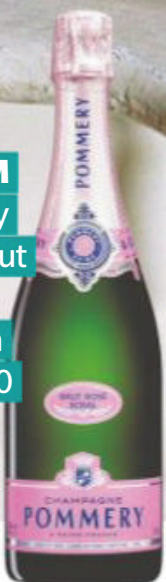
- 1tbsp olive oil
- 350-400g pack mini chicken breast fillets
- 1 clove garlic, peeled and crushed
- 125g giant wholewheat couscous
- 2 ripe avocados, peeled, stoned and quartered
- 2 baby romaine lettuces, torn into pieces
- 100g pack pomegranate seeds
- 4tbsp light Italian dressing

1 Heat the oil in a pan and add the chicken and garlic. Leave to cook for 10 mins then remove the pan from the heat.

2 Cook the couscous as directed on the pack, then drain and then stir into the chicken.

3 Divide the chicken, couscous, avocado, lettuce and pomegranate between four bowls. Drizzle over the dressing and mix lightly before serving.

TREAT MUM
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FOR A LOT
LESS



PERU

Visit Cusco on
your way to
Machu Picchu



Who goes there?

With the big draw of Machu Picchu, Peru pulls in the coolest of celebs. **Katy Perry** has been a few times, always making the most of her trip, hanging with locals and checking out the dazzling Lake Titicaca. **Sarah Jessica Parker** has said that Peru is one of her favourite countries and couldn't resist shopping for colourful Peruvian pom-poms on her last trip. And stars of *The Mask* **Cameron Diaz** and **Jim Carrey** have both been to Peru – separately, not together. That would be just be too weird...

What to do...

Peru is one of the most compelling countries of South America – there is so much to do here that no matter how long your trip is, you'll feel the need to return again and again. If time is on your side and you want a varied trip, start in Arequipa, a beautiful city framed by volcanoes. From here, visit one of the deepest canyons in the world, Colca Canyon, for astonishing landscapes and a great workout if you decide to climb down (and back up!).

Detour to the Bolivian border



Sarah Jessica Parker



Katy Perry

you'll truly feel like you're in another world.

After the capital Lima, and further up the coast, Huanchaco is the home of surf and brilliant ceviche. See, told you there's a lot to do in Peru!

Eat this...

Originating in Peru, ceviche here is the best in the world. Raw fish and sliced onions are marinated in lime juice, chilli and salt. Usually, it's served with sweet potato and the biggest pieces of corn you'll ever see in your life. And, dare we say it? Peru is also the place to eat guinea pig! Cuy al horno is a local delicacy; guinea pigs are stuffed, then baked or fried and served whole. We've heard it tastes like duck and is delicious.

Drink at...

Three drinks should be on your 'what to try in Peru' list. The first, Inca Kola, is a radioactive yellow shade and is best drunk ice cold from a glass bottle, it tastes like bubble gum. The second, made from leaves of the coca plant, is coca tea and helps with altitude sickness. It tastes a bit like green tea – just don't try taking it back home, as it's illegal in the UK! Last but not least is the pisco sour, invented in Lima in the 1920s, this delish cocktail consists of pisco, lime, Angostura bitters, egg white and sugar syrup.

Outside of Peru and Chile these bad boys just aren't the same.

Sleep here...

Hotel de Autor I (autor.pe) is a boutique hotel with just four rooms in the Miraflores district of Lima, rooms start at just over £100 a night, book ahead! For the rest of the country, use airbnb.co.uk – you'll find everything from cute apartments to grand old buildings.

Don't miss the spectacular Colca Canyon



Get me there!

FLIGHT TIME from 12 hours, 35 minutes

VISA You don't need one and are able to stay for an exact 183 days, lucky you

CURRENCY Peruvian sol
TIME DIFFERENCE 5 or 6 hours behind the UK

TEMPERATURE Between 10 to 30C

WHEN TO GO Weirdly winter (May to September) is the driest time to visit and summer (December to March) is warmer but much wetter! If you're planning to trek to Machu Picchu, your best bet is winter to avoid flooding.

FLIGHTS Daily flights from London Gatwick to Lima with British Airways start from £670 return.

to spend a few days by the shore of Lake Titicaca, said to be the birthplace of the Incas and home to some fabulous ruins.

Cusco is your stop off for visiting Machu Picchu and is not to be missed. Take your time and appreciate this city of stone perched high in the mountains.

Nazca is worth a visit to see the weirdly wonderful Nazca Lines – around 300 figures and animals etched into the desert sands, dating back some 2,000 years! Then try your hand at sand boarding at the oasis village of Huacachina – huge sand dunes surround the place, and

Huacachina is an amazing desert town



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to this lot...

TV
Now

Back on duty!

SHOW
OF THE
WEEK

LINE OF DUTY

Sunday, 9pm, BBC1

In the fifth series of the police drama, Stephen Graham stars as John Corbett with Rochenda Sandall as Lisa

McQueen – two pivotal figures in a deadly organised crime group. The pair come under the radar of anti-corruption team AC-12 after an explosive chain

of events. Vicky McClure, Martin Compston and Adrian Dunbar return and ex-*Emmerdale* actress Sian Reese-Williams also stars.

Stephen Graham
(centre) plays
John Corbett



GREAT
BRITISH
PAINT
OFF!

CELEBRITY PAINTING CHALLENGE

Thursday, 8pm, BBC1

Six famous faces flex their artistic muscles by undertaking a range of art challenges in a bid to be crowned champion of this four-part series hosted by Mariella Frostrup. Competing

for the title are DJ Amber Le Bon, TV presenter Josie D'Arby, former Union J singer George Shelley, *Changing Rooms* legend Laurence Llewelyn-Bowen, actress Jane Seymour, and retired cricketer Phil Tufnell.



HERE
TO
HELP!

JOE LYCETT'S GOT YOUR BACK

Friday, 8.30pm, C4

In this new six-part series, comedian Joe Lycett, on a mission to get justice for others, helps the great British public with consumer complaints. 'It's a great treat to now have an

amazing crack team to escalate my consumer rights fight!' says Joe. 'If you've been scammed, messed about by a company, or just want to contest an annoying parking fine, then worry not. I've got your back.'

DON'T MISS!



PILGRIMAGE: THE ROAD TO ROME

Friday, 9pm, BBC2

Comedian Les Dennis, *Birds of a Feather* star Lesley Joseph, Olympian Greg Rutherford and Irish singing legend Dana are among eight famous faces

donning their walking boots for this new three-part series. They'll all hike 1,000km from the Swiss Alps to St Peter's Square, Rome. Their reward? A private meeting with the Pope.

THE MURDER OF JILL DANDO

Tuesday, 9pm, BBC1

On 26 April 1999, BBC presenter Jill Dando was fatally shot outside her London home. Barry George was arrested and charged with her murder. He was sentenced to life at the Old Bailey in 2001, but acquitted after a re-trial in 2008. This documentary re-examines the case with the people involved in one of the Metropolitan police's most complex inquiries.



UNICORN STORE

Available from 5 April, Netflix

This light-hearted comedy sees *Captain Marvel* star Brie Larson make her debut as a director while starring as Kit, a struggling artist living with her

folks. Deciding to get a job as a temp, Kit meets a mysterious man who offers her something she's wanted since childhood – a unicorn. Also starring Samuel L. Jackson and Joan Cusack.

Soaps

OUR PICK
OF THE BEST
STORIES



SOAP OF THE WEEK

Ben's back!

EASTENDERS

Just over a year ago, Ben Mitchell fled from Walford with a bag of stolen cash hoping to start a new life abroad, but when he got to France he found his stash

had been replaced by a stack of *Walford Gazettes*! This week, Ben returns to the Square, but is played by a new actor – *Waterloo Road* star Max Bowden.





He's joined by Lola (Danielle Harold) and daughter, Lexi. Also this week Ruby Allen's alleged attackers, Ross and Matt, go on trial, but will they be sent to prison or walk free?



HOLLYOAKS

On the school camping trip, Sienna discovers her tent is ripped, so Laurie lets her have his tent. Later, when he pretends to have got a soaking from one of the kids, Sienna worries he'll freeze, so tells him to have

the tent back. When Laurie suggests sharing, Sienna agrees because she knows that walking off could ruin the trip and put her job at risk. But what will happen when they spend the night under the same canvas?

CORONATION STREET

Needing £20k to pay loan shark Rick Neelan, Gary is desperate, so he blackmails Peter over Carla's secret involvement in the recent disaster at Underworld. Although Peter pays him off, it's all for nothing as a guilt-ridden Carla ends up confessing which leads her to being arrested by the police on suspicion of gross negligence! Meanwhile, when Gina saves Tim's life, Sally begs her sister to stay in Weatherfield. Elsewhere, Gemma's presence at No 5 begins to grate on Chesney, and Sinead comes up with a brilliant business idea.



EMMERDALE

Dan flies off the handle when someone flirts with Kerry, so she gets sloshed in The Woolpack. The next day, a hungover Kerry tells Amy that she's fallen out of love with Dan. But Dan is planning to propose! What will Kerry say when he gets down on one knee? Meanwhile, Paddy decides to build a garden in baby Gracie's memory as he and Chas prepare for their first scan. Later, the couple get a big shock when Bear Wolf crashes into the memorial for their late baby daughter! But why is the wrestler in the village?

Now SPEAKS TO

Eyal Booker

Love Island star Eyal is among the famous faces taking part in Channel 5's new reality show, *Celebs on the Ranch*. Contestants perform tasks on a ranch in Arizona and only the best will escape elimination.

Had you ever met a real-life cowboy before?

The crazy thing is I didn't know cowboys were real, but there are legit, gun-toting cowboys who have been born and raised on a ranch.

How did you manage with riding a horse?

I've ridden horses before, but these were real ranch horses. They're working horses and they think and behave in a different way. Anyone who thought they were confident on horses soon realised they were very different animals.

What was ranch life like?

It was pretty basic. Most of us were sharing bedrooms and there wasn't always hot water. We just had to make do. The nearest town was more than an hour away, so somebody could have come and murdered us all and no-one would have known!

Didn't you have Wi-Fi?

There was Wi-Fi in the lodge, but we were out during the day. It had been such a crazy couple of months, so it was

nice to be somewhere where nobody could get hold of you!

You had a bromance with Siva Kaneswaran (*The Wanted*).

He's a great guy and we found a lot of common interests. We both enjoyed the experience of being at one with nature and being in the middle of nowhere but I'm competitive and it was a competition. So you've got to do what you've got to do [to stay in the competition longest].

What was your most memorable task?

We put our arms into a cow all the way in up to our shoulders to feel its baby calf inside which was weird, but incredible. They lubed up our arms and gave us a big glove! I thought, 'Well, I'm not likely to get another chance to put my arm into a cow again' and I'd like to at least say that I've done it and experienced it.

Celebs on the Ranch
Mon-Fri, Channel 5/5STAR



Celebs face some tough challenges on the ranch



Remember...

THE CROWN'S LORD MOUNTBATTEN?

THEN

Greg Wise played Prince Philip's uncle Lord Mountbatten in the first two series of *The Crown*. He also played John Willoughby in the 1995 film version of *Sense and Sensibility*.



2016



2019

NOW

Greg joins C4 News' Krishnan Guru-Murthy, TV presenter Caroline Flack and Olympic boxer Nicola Adams in *The Great Celebrity Bake Off For Stand Up To Cancer* (Tuesday, 8pm) on C4. Challenges include creating a biscuit self-portrait for the showstopper. Who will be star baker?

DON'T MISS AT THE Cinema

FILM OF THE WEEK

Portrait of an artist

AT ETERNITY'S GATE

Out 29 March

With his gaunt cheekbones and intense gaze, Willem Dafoe certainly looks the part as Vincent van Gogh in this vivid, impressionistic drama about the tragic artist's final days. He does an excellent job, too, of capturing van Gogh's tormented spirit – whether painting sunflowers, a starry night or his battered boots. Dafoe gets fine support from Rupert Friend as Vincent's loyal brother Theo, *Star Wars* actor Oscar Isaac as painter Paul Gauguin, and former Bond villain Mads Mikkelsen as a critical priest.

NOW RATING ★★★★★



Island mystery

THE VANISHING

Out 29 March

Gerard Butler is one of a trio of Scottish lighthouse keepers (including Peter Mullan) at the centre of a mystery on a remote island in the Outer Hebrides.

There's a touch of Scandi noir (director Kristoffer Nyholm is a veteran of *The Killing*) while the growing tension is as slow burning as a lighthouse wick.

NOW RATING ★★★★★



Now PREVIEW

Grave tale

PET SEMATARY

Out 4 April

Time to dig up Stephen King's spooky supernatural chiller again. Jason Clarke and Amy Seimetz are the parents who move with their two young

children from Boston to rural Maine. And John Lithgow is the odd new neighbour who tells them about an ancient burial ground said to revive deceased animals where local kids bury pets. But is that all it can do?

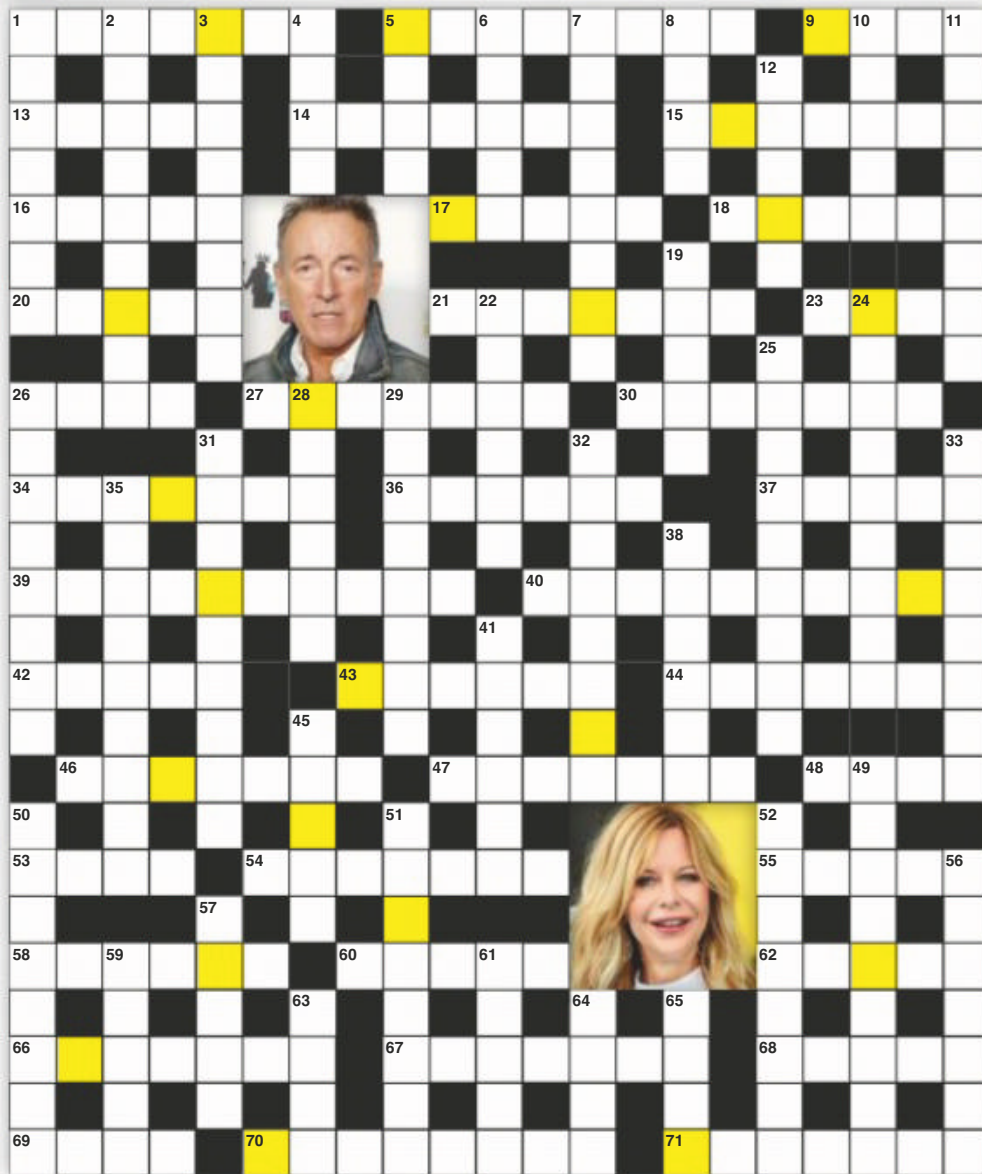
Celebword & S

Take time out with our crossword – plus David Wells reveals what's ahead for you

Fill in the answers in the grid below and the letters in the yellow squares will spell out the answer to this bonus question: What links US actress Meg Ryan and rock star Bruce Springsteen?

ACROSS

- 1** Boldness, blustering machismo (7)
5 Organised order (8)
9 Slow horse's pace (4)
13 Belief and trust (5)
14 High-flyer's swing in a 38 Down (7)
15 Cold-blooded animal (7)
16 Holiday, from the forces perhaps (5)
17 Baton-passing race (5)
18 Dogs, fighters or underwear (6)
20 Where you might park your car at home (5)
21 School, college (7)
23 Russian monarch (4)
26 Ice-cream cornet (4)
27 Puzzle with letters in a 44 Across 5 Across (7)
30 Long-necked animal (7)
34 Ship which sank in 1912 (7)
36 Start up again (6)
37 Stage performer (5)
39 Leader of a 38 Down (10)
40 Carefully located (10)
42 Spools (5)
43 Pour wine into a serving bottle (6)
44 Disordered (7)
46 Number in a rugby union side (7)



- 47** A little bit silly (7)
48 Mark of an old wound (4)
53 Tiny insect once in a type of 38 Down (4)
54 Airline or cruise ship employee (7)
55 Equine beast (5)
58 Name of eight kings of England (6)
60 Ballroom dance (5)
62 Result of an addition (5)
66 Fast big cat (7)
67 Disregarded (7)

- 68** Forges (5)
69 Word that can follow building, camp or web (4)
70 Move to another country (8)
71 Ages, ripens (7)

DOWN

- 1** Perplexed (7)
2 Cartoon movie (9)
3 Managed to get done, succeeded (8)
4 Solemn vow (4)
5 Tinned meat or

- unwanted 19 Down (4)
6 Wait in line (5)
7 Green jewels (8)
8 Treat an illness (4)
10 Wage increase (5)
11 Government department in charge of finance (8)
12 Ladle (5)
19 Computerised personal communication (5)
22 Crude, vulgar, unrefined (6)
24 14 Across user's protection in a 38 Down (6,3)
25 Excessively enthusiastic in support (9)
26 Food suppliers at events (8)
28 Most pleasant (6)
29 Horticulturist (8)
31 Hostility towards (9)
32 Living for ever (8)
33 Movie money man (8)
35 Small sweet orange (9)
38 Big Top entertainment (6)
41 Work hard (6)
45 --- cash, money for minor purchases (5)
49 Janitor (9)
50 Crimes (8)
51 Using bad language or taking a 4 Down (8)
52 Face picture pieced together for police identification (8)
56 Signs up to serve in the army (7)
57 Thick soup (5)
59 Cereal ground into flour (5)
61 Polynesian island country (5)
63 Close friend (4)
64 On the house (4)
65 Round Dutch cheese (4)

PHOTOS: GETTY, REX

ANSWERS

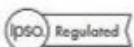
ACROSS 1 Bravado 5 Sequence 9 Trot 13 Faith 14 Trapeze 15 Reptile 16 Leave 17 Relay 18 Boxers 20 Drive 21 Academy 23 Tsar 26 Cone 27 Anagram 30 Giraffe 34 Titanic 36 Resume 37 Actor 39 Ringmaster 40 Positioned 42 Reels 43 Decant 44 Chaotic 46 Fifteen 47 Foolish 48 Scar 53 Flea 54 Steward 55 Horse 58 Edward 60 Waltz 62 Total 66 Cheeta 67 Ignored 68 Fakes 69 Site 70 Emigrate 71 Matures DOWN 1 Baffled 2 Animation 3 Achieved 4 Oath 5 Spam 6 Queue 7 Emeralds 8 Cure 10 Raise 11 Treasury 12 Spoon 19 Email 22 Coarse 24 Safety net 25 Fanatical 26 Caterers 28 Nicest 29 Gardener 31 Animosity 32 Immortal 33 Producer 35 Tangerine 38 Circus 41 Labour 45 Petty 49 Caretaker 50 Offences 51 Swearing 52 Photo 56 Enlists 57 Broth 59 Wheat 61 Tonga 63 Chum 64 Free 65 Edam Answer: ASTEROIDS NAMED AFTER THEM

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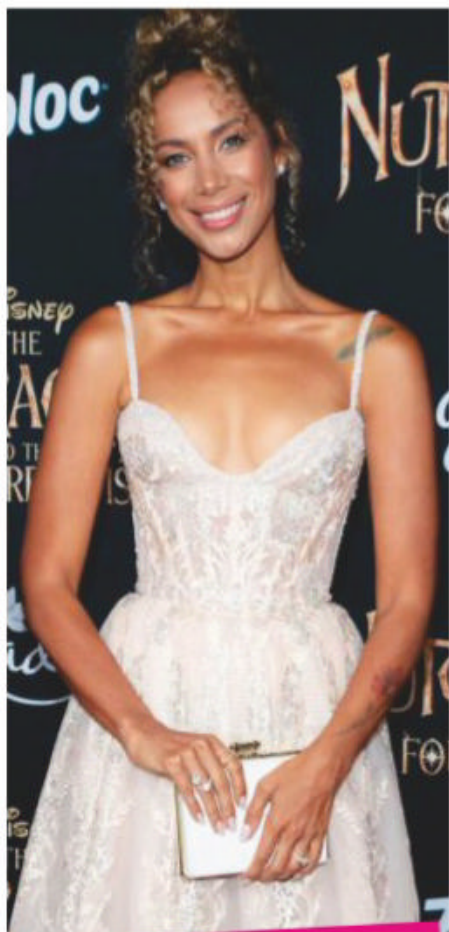


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SATURDAY 30 MARCH – FRIDAY 5 APRIL



If it's your birthday this week...

Leona Lewis turns 34 on 3 April

As the Sun moves back around to its starting point in your personal chart, you have some comforting money and professional links that could see you make this a bumper year. But make sure you're methodical about changes you want to make, rushing in could cause regrets later. Take care if you're the sporty sort – know your limits.



AQUARIUS

21 Jan-19 Feb

There's something strange in your neighbourhood, who you gonna call? Nope, not them, call your mates, arrange a big night out and let go of the ghost of relationships past, or whatever's haunting you.

UK: 0905 817 1571* IRL: 1560 787911*



TAURUS

21 Apr-21 May

What were you thinking – were you thinking at all? Some folks have questions, but they're not in possession of all the facts. You have done something that appears reckless, but it's actually genius!

UK: 0905 817 1562* IRL: 1560 787902*



LEO

23 Jul-22 Aug

Mars has left the top of your chart, now you can concentrate on preparing to move into a new role or being content where you are now. Be the watchful lion rather than the big scary one.

UK: 0905 817 1565* IRL: 1560 787905*



SCORPIO

23 Oct-22 Nov

An easing of relationship dramas is overdue, but don't lose your focus now that you've got this clearer view. Look only forward, focus on your purpose and that shiny light ahead. You've got this.

UK: 0905 817 1568* IRL: 1560 787908*



PISCES

20 Feb-20 Mar

Creating something new takes time, you know that, but you didn't expect a situation to be so drawn out. The good news is there's a breakthrough, the downside is it's now a panic to get things done.

UK: 0905 817 1572* IRL: 1560 787912*



GEMINI

22 May-20 Jun

It's impossible to make an omelette without breaking eggs – unless you're vegan and you make it with tofu? Always there with an answer, witty to some, annoying to other, so choose your audience wisely.

UK: 0905 817 1563* IRL: 1560 787903*



VIRGO

23 Aug-22 Sep

The more you take someone else's word for it, the more likely you are to make a mistake. No matter if it's personal or professional, check every detail yourself and only then make your move.

UK: 0905 817 1566* IRL: 1560 787906*



SAGITTARIUS

23 Nov-21 Dec

Mars opposes you, he's drawing out some heated debate with those near and dear, and while that might not sound like fun, he will pierce the sugar coating to reveal what truly lies beneath.

UK: 0905 817 1569* IRL: 1560 787909*



ARIES

21 Mar-20 Apr

It's foot-stomping time and you're in the mood for some line drawing; in the sand that is! Even if it's just giving yourself a good talking to, use this energy to stand proudly for what's next.

UK: 0905 817 1561* IRL: 1560 787901*



CANCER

21 Jun-22 Jul

Directing their full force towards you are Saturn and Pluto, but Venus and Mercury help soften their harsh demands. Shouty sorts aren't always right, let them know that without shouting.

UK: 0905 817 1564* IRL: 1560 787904*



LIBRA

23 Sep-22 Oct

A commitment is needed one way or the other, Libra, it's time to decide what you want and perhaps that's also deciding who you want it with? New energy in your relationship sky is emotional.

UK: 0905 817 1567* IRL: 1560 787907*



CAPRICORN

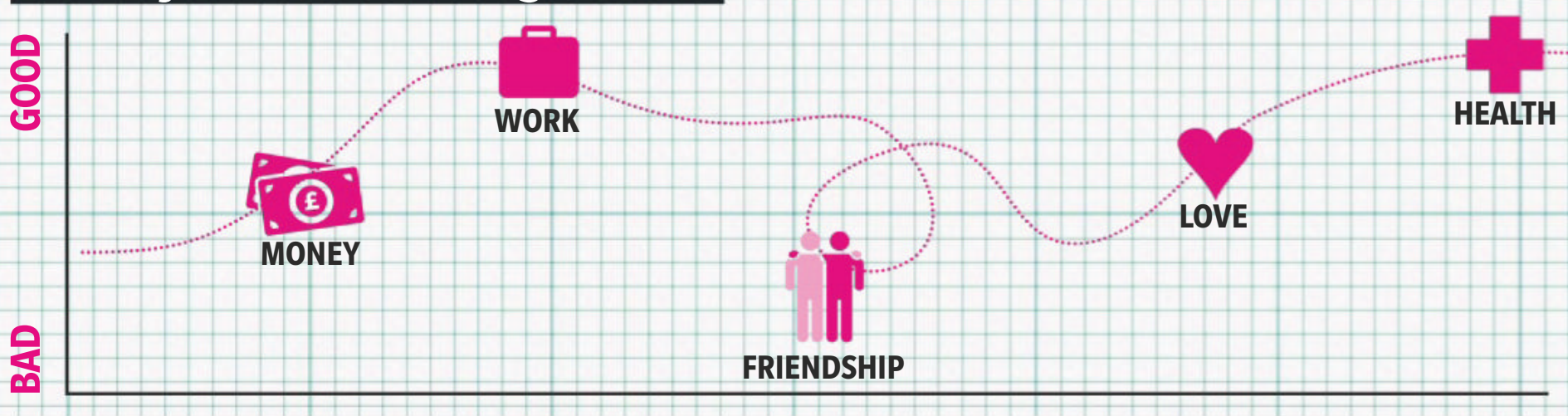
22 Dec-20 Jan

A game of pass the parcel catches you out, the music has stopped and you're the one holding the prize. You now can see what's to be done after months of waiting for each little thing to fall into place.

UK: 0905 817 1570* IRL: 1560 787910*

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How's your week looking, ARIES?



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makeovers
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discards
upbeat
family practical
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Woman's Own

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EVERY
TUESDAY

Then & NOW

MARIAH CAREY



She looked like...

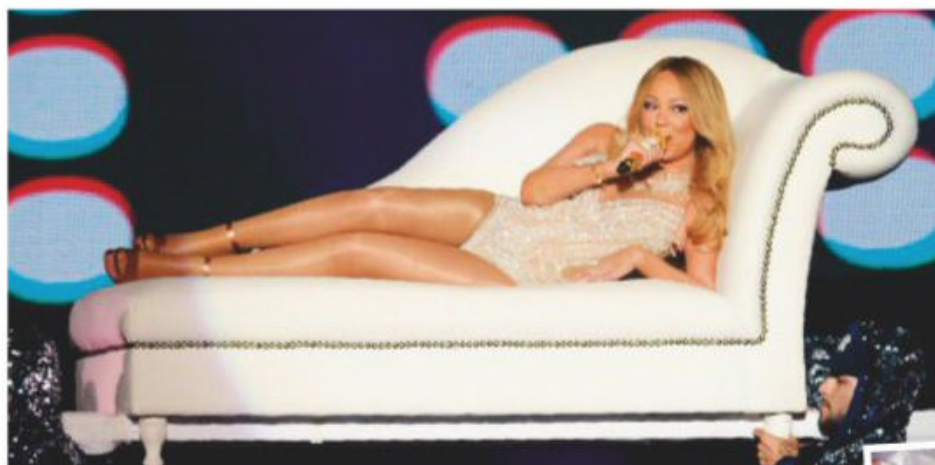
THEN Curly Sue

The singer rose to fame in the 1990s as a fresh-faced beauty, with her naturally curly hair worn down.

NOW Blonde bombshell

Nowadays, the singer prefers wavy extensions, which she matches to her highlighted hair. They do say blondes have more fun.

DID YOU KNOW? Mariah played a live version of *Fantasy* while in labour as she wanted her unborn twins to hear applause as they entered the world.



She was saying...

THEN When asked about her pop rival Jennifer Lopez in 2001, Mariah simply replied: 'I don't know her.'

NOW Till this day Mariah insists, 'I still don't know her!' despite J.Lo saying they've met 'many times'. Speaking in a recent interview, she said, 'I don't know her. Like, what am I supposed to say?' Meow!



She was wearing...

THEN Preppy

Mimi nailed 1990s fashion, often switching between a mini skirt and Levi's jeans, teamed with a crop top to show her washboard abs. If you've got it, flaunt it!

NOW She's so fancy

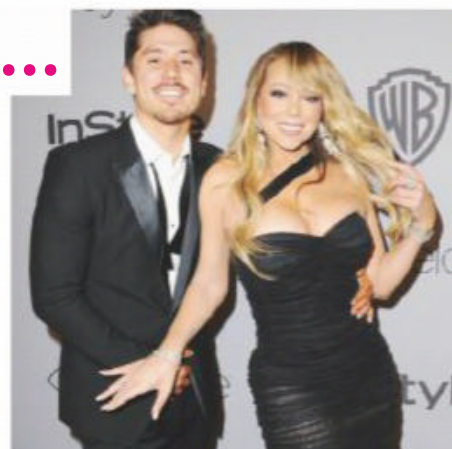
Today, she's all about the bling. Maybe that's why her ex James Packer proposed with a 35-carat ring – just big enough to be seen!



She was loving...

THEN Tommy Mottola

They started dating in 1990 – he was her boss at Sony Music and she was still recording her debut (self-titled) album. Three years later, they tied the knot. In 1998, they separated. Their divorce was finalised in 2000.



NOW Bryan Tanaka

Mariah struck up a romance with her back-up dancer Bryan, 35, in 2016. Their 14-year age gap isn't an issue – they've been a *Vision of Love* ever since.

We PARTY!

SO YOU
DON'T
HAVE TO!



From left: *Hollyoaks* stars Lysette Anthony, Rachel Adedeji and Sarah Jayne Dunn



Fred Sirieix took a night off from playing Cupid



Anna Friel made an appearance



The Real Full Monty won big on the night

Royal Television Society Awards

WHEN: 19 MARCH

WHERE: GROSVENOR HOUSE, LONDON

It was a case of girl power at the RTSAs last week with Jodie Comer bagging Best Female Actor for *Killing Eve*, Lesley Manville winning the Comedy Performance award for *Mum*, and *The Real Full Monty: Ladies Night* scooping the Formatted Popular Factual category. The cast of *Hollyoaks* scooped the Programme Award for Soap and Continuing Drama, but the big win of the night went to TV star Lorraine Kelly who bagged the Outstanding Contribution to British Television award and was given a standing ovation.



Maya Jama and London Hughes up the glam factor



Big Narstie (above) and Mo Gilligan won the Entertainment Performance award



'It was a bit overwhelming!' said winner Lorraine



Jodie Comer killed it in her fancy dress



Michelle Heaton and Victoria Derbyshire

What Now? 🤔

Celebs say the weirdest things

'SOMETHING WHERE I CAN USE MY MOUTH RATHER THAN USING MY BODY'

DOI winner James Jordan on his next work venture

'IF MY SON IS ANNOYED WITH ME HE'S TAKEN TO SHOUTING IT'S TRACY BARLOW IN A NORTHERN ACCENT IN PUBLIC!'

Kate Ford (AKA Tracy B)



'There's me looking like a dirty pirate. If I didn't have long hair I'd be fked!'**

Pete Wicks on *TOWIE* hunks

'Friendship is so weird... you just pick a human you've met and you're like "Yep, I like this one" and you just do stuff with them'

Michelle Heaton

'How funny would *The Voice* be if everyone were facing forward at the start and then turned around when they didn't like it'

Chrissy Teigen

'I LAY HERE THINKING ABOUT TRUFFLE FRIES COVERED IN PARMESAN KNOWING I WON'T BE EATING THEM FOR TEA AND IT'S MAKING ME EMOSH'

Georgia May Foote

Zedd and Katy Perry looked in perfect harmony

John Legend brought the house down

iHeartRadio Awards

WHEN: 15 MARCH

WHERE: MICROSOFT THEATRE, LOS ANGELES

The Backstreet Boys performed at the the annual iHeartRadio awards last weekend as Taylor Swift won two gongs for Best Video and Tour of the Year. Winners included Ariana Grande (Artist of the Year) and Alicia Keys (Innovator Award). Winner Garth Brooks got Chris Pratt on stage to sing *Friends in Low Places*. Chris posted on Instagram, 'Welp. I guess I died and gone to heaven. Thank you @garthbrooks and congratulations on the Artist of the Decade award.'

Taylor Swift scooped two awards

Backstreet's back. Alright!

Jamie Foxx brought the laughs

Heidi Klum looked amazing in sheer leopard print

Chris Pratt sang with his hero Garth Brooks

**GUEST
COLUMNIST**



Kerry Katona

Each week, a famous face gives their views on the hottest topics and invites you into their world

Back to boot camp

I first went to boot camp a decade ago with a magazine, and now I'm back. The exercise is good for your mental health, which is where it all starts for me, and then losing weight is a added bonus! I never weigh myself – all that matters is if I feel good in my head.

'I'm in a great relationship... with myself!'

I've walked away from *Celebs Go Dating* in a really great relationship... with myself! It was an amazing experience, but no wonder I just got married all the time – all that dating is hard work! The experience has taught me that I don't need anybody. I didn't find it hard to be by myself before, but I just wanted that dream of being a mum and wife and having that '2.5 kids' family, so I kept bringing a man into my life as I thought that's what the children needed. But I'm more than enough for them!



Kerry's loving boot camp, which she last tried a decade ago



Thanks, Lorraine!

TV presenter Lorraine Kelly avoided a £1.2m tax bill, as she claimed she's playing an actress on her show, *Lorraine*. I'm confused she got away with this, but fair, b****y play to her! I know what I'm saying on my next tax bill. Thanks for the tip, Lorraine!

'Social media is fake!'

It's been reported that the number of social media posts glamorising eating disorders is spiralling. Social media is fake, and it's about teaching your kids to take it all with a pinch of salt. One thing I teach my kids is other people's opinion of you is none of your business.

'I've put my kids off dating!'

Victoria Beckham's 16-year-old son Romeo is rumoured to be dating actress Millie Bobby Brown, 15. None of my kids are dating, which I'm happy about. My Lilly [16] isn't interested. She said, 'Why the heck

would I get a boyfriend, it's just a distraction!'

I think I've put them off dating for life! But we've all been 16.

As long as they're safe and not doing it on a street corner or in the park like I did when I was at that young age!



We spoke to Kerry at the 10-year anniversary party for Maggie's skin clinic. For more information on the comprehensive range of treatments at Beauty Box by Maggie, visit beautyboxskinclinic.co.uk

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